

Melatonin 0.3mg 300 Tablets

EAN: 8711827077923 FABRICANTE: BONUSAN



Melatonin helps reduce the time it takes to fall asleep.

DESCRIPTION

Melatonin is a substance produced by the body primarily in the brain. Production increases when it gets dark outside and decreases when it becomes light again in the morning. Do you take a melatonin supplement? Well, starting at a dose of 1 mg and taken shortly before going to sleep, melatonin helps reduce the time needed to fall asleep.

Bonusan Melatonin is available in easy-to-swallow tablets containing 0.29 or 1.5 mg of melatonin, making it easy to dose. A dose starting at 1 mg shortly before going to sleep helps to reduce the time needed to fall asleep.

Small tablets : This supplement is easy to swallow, making it suitable even for people who have difficulty swallowing.

It only contains melatonin and no plants, vitamins or minerals.

It contains the minimum possible amount of excipients and no unnecessary additives, such as sugars, colorants, flavors or artificial sweeteners.

Instructions for use

Take 1 0.29 mg melatonin tablet 1-2 hours before bedtime. The ideal time to take it depends on the individual, so experiment to see what works best for you.

Side effects of melatonin

If you take melatonin as a supplement, you may rarely experience side effects such as daytime drowsiness, dizziness, nausea and headache. If you experience side effects, we recommend reducing the dose or changing the time of intake.

Is melatonin safe for children?

Melatonin is safe for children and adolescents. For children, use a low dose and do not prolong consumption longer than necessary.



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Tips to stimulate endogenous melatonin production in children:

- Create a calming routine before going to bed.
- Make sure your bedroom is dark, quiet and cool.
- Follow a regular sleep schedule, even on weekends.
- Make sure they get enough exercise during the day.

Can melatonin be taken during pregnancy and breastfeeding?

There are few studies conducted on the safety of melatonin during pregnancy. In the absence of scientific evidence, the advice is to avoid melatonin during pregnancy and breastfeeding.

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