

Good night Drops 30 ml

EAN: 8420101217756 FABRICANTE: ELADIET



Good Night Drops is a food supplement with Melatonin that helps relieve the feeling of jet lag and reduce the time needed to fall asleep.

DESCRIPTION

What is Buenas Noches drops and what is it for?

Buenas Noches Drops is a liquid supplement that contains Melatonin. It helps you fall asleep and have a restful night's rest.

A period of adequate sleep performs essential functions for the body. Even though we are at rest, different internal processes develop, among which the following stand out:

- ? Memory consolidation.
- ? Basic physical and psychological balance is reestablished.
- ? Cellular and tissue repair.
- ? Production of immune system proteins.
- ? Production of hormones, such as growth, metabolism and sexual functions.
- ? Maintenance of body temperature.
- ? Elimination of toxins.
- ? Regulates blood glucose.

What is the dosage of Buenas Noches drops?

Take 0.25 ml at night, diluted in water, infusion or directly in the mouth, half an hour before going to bed. It can be taken by children from three years old and adults.

What are the ingredients of Buenas Noches drops?

- Fructose.
- Water.
- Glycerinated extract of lemon balm leaves (*Melissa officinalis* L.): Lemon balm improves sleep quality.

The properties of lemon balm extract are associated with the presence of rosmarinic acid and



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triterpenoids that reduce neuronal excitation and promote relaxation. The European Medicines Agency (EMA) recommends its traditional use, orally, to relieve symptoms of mental stress and facilitate sleep. According to the ESCOP (European Scientific Cooperative of Phytotherapy), it has anxiolytic and sedative activity and reduces the sleep latency period.

- Vitamin B6 (Pyridoxine Hydrochloride): Vitamin B6 contributes to the normal functioning of the nervous system, to normal psychological function and to reducing tiredness and fatigue.

Known as pyridine, it is a water-soluble vitamin that helps the normal functioning of the nervous system and helps reduce tiredness and fatigue. The body cannot store it because it is soluble in water, so it is essential to take it regularly in the diet or in supplement form. Specifically, vitamin B6 participates in the synthesis of tryptophan, a precursor to serotonin, which, in turn, produces endogenous melatonin.

- Melatonin: Melatonin helps reduce the time needed to fall asleep (the beneficial effect is obtained from 1 mg of melatonin). Melatonin helps reduce the feeling of jet lag (the beneficial effect is obtained from 0.5 mg of melatonin).
- Acidulant: Citric acid.
- Preservatives: Potassium sorbate and sodium benzoate.

Daily contribution (0.25ml)

Ext. glycerinated lemon balm leaves	50 mg
Vitamin B6.....	1.4 mg.(100% NRV*)
Melatonin.....	1 mg

*NRV: Nutrient Reference Value.

What should I take into account before taking Buenas Noches drops?

The beneficial effect is obtained with a minimum intake of 0.5 mg, which should be taken shortly before going to bed on the first day of travel and a few days after arrival at a destination. The beneficial effect is obtained with an intake of 1 mg of melatonin shortly before going to sleep. Once opened, consume preferably within 4 months.

