

Good Night Gummies 30 gummies

EAN: 8420101217213 FABRICANTE: ELADIET



Food supplement based on melatonin and plant extracts that helps you fall asleep. With sweeteners.

DESCRIPTION

What is Buenas Noches Gummies from Eladiet and what is it for?

Melatonin helps reduce the time needed to fall asleep. The beneficial effect is obtained with an intake of 1 mg of melatonin shortly before going to sleep.

Sleep plays a crucial role in our daily routine and is a fundamental biological need that facilitates the restoration of physical and psychological functions essential for optimal performance. For this reason, it is vital to provide our body with the necessary rest.

What is the recommended daily dose of Buenas Noches gummies from Eladiet?

Take one gummie a day, preferably 30 minutes before going to bed.

What are the ingredients in Buenas Noches gummies from Eladiet?

For 1 gummie:

- 27 mg Dry extract of ashwagandha root and leaf.
- 20 g Chamomile flower dry extract.
- 27 mg Melissa leaf dry extract.
- 27 mg Lavender flower dry extract.
- 7 mg Valerian root dry extract.
- 1 mg of melatonin.

From 6 years old. Without caffeine. Without gluten. Without lactose.

