

## Melatonin 1 mg 60 tablets

EAN: 5055148414207

FABRICANTE: LAMBERTS



*Melatonin, also known as the sleep hormone, is a hormone that is produced naturally in the pineal gland and plays a significant role in the sleep cycle.*

### DESCRIPTION

Its production and release is influenced by darkness, as it is released at nightfall, signaling to the body that it is time to sleep, and to get up in the morning. An imbalance in its production, due to changes in work schedules, travel and jetlag, stress, menopause, etc., can produce changes in the sleep cycle.

The hormone melatonin contributes to the regulation of the circadian rhythm, a biological rhythm, controlling the sleep-wake cycles, the phases and quality of sleep, and the body's recovery during the night. It is produced naturally and helps combat the action of free radicals, which cause aging.

Melatonin production can vary with age (it decreases as we get older), stress, the season of the year or temperature, among others. The main trigger for its secretion is darkness, although it is also secreted after eating. Sometimes insomnia can be linked to a lack of melatonin.

Restful sleep is essential for our body to restore balance, preparing us to face another day with the feeling of being 100% rested.

To address these sleep issues, many people choose to use dietary supplements containing melatonin, which are formulated to help improve the sleep cycle.

This is a dietary supplement designed to help you fall asleep, as it helps reduce the time needed to fall asleep, reinforcing and performing the function of melatonin, also helping to alleviate the subjective feeling of jet lag.

Presentation:

### Each tablet provides:

Melatonin 1 mg

15-minute rapid release, ready to be absorbed and utilized quickly by the body.

Suitable for Vegetarians and Suitable for Vegans.



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### Precautions

Do not take by pregnant or breastfeeding women.

### Allergen note

The following list of allergens is excluded: wheat, barley, eggs, milk (and dairy products), lactose, nuts, sulphites and ingredients containing gluten.

### Storage instructions

Store in a cool, dry place, protected from light and out of the reach of young children.

Instructions for use:

- Take 1 tablet daily, 30 minutes before going to bed.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 60 days.

