

## DORMILIDER MELATONIN 30 Comp RETARD

EAN: 8435110852041    FABRICANTE: NATURLIDER



*Dormilider melatonin from Naturlider is indicated for insomnia due to problems falling asleep, insomnia due to nocturnal awakenings, relief of the sensation of jet lag and sleep disorders related to stress and/or nervousness.*

### DESCRIPTION

#### What is Naturlider Dormilider and what is it used for?

Dormilider from Naturlider is a food supplement that is useful due to the role that melatonin plays in sleep, the regulation of the circadian rhythm and the decrease in its endogenous production with age, the administration of this compound can improve the quality of sleep.

Clinical studies have shown that, in addition to reducing the time it takes for a person to fall asleep, it does not impair cognitive abilities, nor does it have a negative effect on morning alertness (hangover effect), it improves alertness in the morning and psychomotor performance. On the other hand, it does not alter the architecture of sleep, it does not produce dependence or rebound effect of suppression, nor sedation the next day. In addition, it has good tolerability.

- THIAMINE: Thiamine contributes to the normal functioning of the nervous system and normal psychological function.

#### What indications does Dormilider Melatonin retard from Naturlider have?

The indications for Dormilider Melatonin retard from Naturlider are:

- Insomnia due to problems falling asleep.
- Insomnia due to nocturnal awakenings.
- Relief of the sensation of jet lag.
- Sleep disorders related to stress and/or nervousness.

#### Does Dormilider Melatonin retard from Naturlider have Interactions, side effects, contraindications?

Consult the professional in case of pregnancy or lactation, if you are being treated with medication or have special medical conditions.

May cause drowsiness. May reduce the ability to drive and operate machinery. Its use is not recommended in children under 12 years of age.

Although no interactions have been described, it is advisable to avoid its concomitant use with synthetic tranquilizers such as benzodiazepines, unless it is done under medical supervision.

May affect the ability to drive or operate machines.

Thyme-based preparations are contraindicated in case of hypersensitivity to any of its components.





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### What is the dosage of Dormolider Melatonin from Naturlider?

The dosage of Naturlider Dormolider Melatonin is one tablet a day, half an hour before going to bed.

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