



Naturlider Hipnox is a nutritional supplement that improves sleep rhythm, reduces stress and consequently improves mood.

DESCRIPTION

What is Naturlider Hypnox and what is it used for?

Hipnox from Naturlider is a food supplement based on plant extracts, L-Glycine, GABA and melatonin that serves to improve mood, improves **wake-sleep** state and helps reduce **stress**.

What are the ingredients of Hipnox Naturlider?

The ingredients of Hipnox Naturlider for one capsule are:

- Gamma-Amino Butyric Acid (GABA) 200mg
- L-Glycine 200mg
- Ashwagandha dry extract (Withania somnifera dun, root, 1.5% Withanolides, 1% Alkaloids) 160 mg
- Coating agent (Hydroxypropylmethylcellulose*)
- Griffonia dry extract (Griffonia simplicifolia, seeds, 98% L-5-Hydroxytryptophan) 75 mg
- Passiflora dry extract (Passiflora incarnata, aerial part, 2% Flavonoids) 60 mg
- Valerian dry extract (Valeriana officinalis, root, 0.2% Valerianic Acid) 40 mg
- Purified water*
- Bulking Agent (Potato Starch)
- Gelling Agent (Gellan Gum*)
- Melatonin 1.9mg
- *Capsule components

What properties does Hipnox Naturlider have?

The properties of Hipnox Naturlider are:

- improve mood
- Improves sleep-wake rhythm
- It reduces stress

When is Naturlider Hypnox indicated?



HIPNOX 60 Caps

EAN: 8435110851792 FABRICANTE: NATURLIDER



Naturlider Hypnox is indicated in:

1. States of anxiety and stress.
2. Relax in cases of nervous hyperexcitability.
3. When there is difficulty falling asleep.

Interactions, side effects and contraindications of Hipnox from Naturlider

You should consult the professional in case of pregnancy or lactation, if you are taking medication or have special medical conditions.

Due to its content in Ashwagandha: Its use together with anxiolytics such as benzodiazepines is not recommended, except under medical supervision.

Due to its content in Griffonia: Its safety in pregnancy and lactation has not been confirmed. It should not be used in combination with benzodiazepines. Its use is not recommended in patients who are being treated with other drugs that increase serotonin levels, such as hypericum preparations, MAOIs, selective serotonin reuptake inhibitors (fluoxetine and similar), carbidopa, etc.,

For its content in Passionflower: Side effects are tachycardia, nausea, vomiting and drowsiness. In very rare cases, possible hypersensitivity reactions. May cause drowsiness and reduce the ability to drive and operate machinery.

Due to its content in Valerian: Its use is not recommended immediately before driving vehicles or using dangerous machinery, since it can reduce the alertness of patients 1-2 hours after administration. When prescribed to combat insomnia, it is recommended to administer a dose in the middle of the afternoon and, if necessary, another 1 or 2 hours before going to sleep.

What is the recommended daily dose?

It is recommended to take one capsule a day.

Does Naturlider hypnox contain allergens?

Naturlider Hypnox does not contain gluten or lactose. Naturlider Hypnox is free of allergens.

