

MELATOLIDER 1.9 mg NATURLIDER 30 Comp Retard

EAN: 8435110851433 FABRICANTE: NATURLIDER



Melatolider naturlider is effective in helping to reduce the time needed to fall asleep, it also contributes to the normal functioning of the nervous system, to normal psychological function and to reducing tiredness and fatigue.

DESCRIPTION

Melatolider naturlider is a food supplement that helps **reduce the time it takes to fall asleep**, contributes to reducing stress. Promotes night sleep, to achieve a better rest and helps reduce **sleep disorders**. Melatolider Naturlider also contains melatonin, magnesium in order to contribute to the strengthening and proper functioning of the nervous system, magnesium combats **fatigue** and **tiredness**, giving a feeling of well-being.

Melatolider Naturlider, in delayed-release tablets, causes melatonin to be released in a sustained manner, allowing the effect to be maintained over time. In addition, it contains thyme essential oil, which gives the product a pleasant aroma and helps to improve stress, mood and insomnia. Melatonin is a natural hormone produced by the pineal gland that is structurally related to serotonin. Physiologically, melatonin secretion increases shortly after dark, peaks between 2 and 4 a.m., and decreases during the second half of the night. Melatonin is associated with the control of circadian rhythms and adaptation to the light-dark cycle. Due to the role that melatonin plays in sleep and circadian rhythm regulation and the decrease in its endogenous production with age, the administration of this compound can improve sleep quality.

