

Long Relax 30 Comp

EAN: 8435100846128 FABRICANTE: PLAMECA



Bilayer tablets with botanical extracts and adaptogens, formulated to help relaxation with a single daily tablet.

DESCRIPTION

Ingredients

Bulking agent (cellulose), Melissa (*Melissa officinalis*) leaf dry extract (2.5% rosmarinic acid), Anti-caking agent (diglyceride of fatty acids), Ashwagandha (*Withania somnifera*) root dry extract (1.5% withanolides), Magnesium oxide, Passionflower (*Passiflora incarnata*) aerial part dry extract (4% flavonoids), Gamma-aminobutyric acid (GABA), Anti-caking agent (magnesium salts of fatty acids), Concentrate (carrot, hibiscus), Anti-caking agent (silicon dioxide), Stabiliser (cross-linked sodium carboxymethylcellulose), Pyridoxine hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12).

Nutritional table

Active ingredient ? Layer 1 Amount per recommended dose (1 tablet)

Dry extract of Passionflower	90 mg
(flavonoid content)	(3.6 mg)
Vitamin B6	1.4 mg (100% NRV*)
Vitamin B12	2.5 mcg (100% NRV*)

Active ingredient ? Layer 2 Amount per recommended dose (1 tablet)

Melissa dry extract	300 mg
(rosmarinic acid content)	(7.5 mg)
Ashwagandha dry extract	200 mg
(withanolide content)	(3 mg)
GABA	50 mg
Magnesium	57 mg (15% NRV*)

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* NRV = Nutrient Reference Values

** Layer 2 corresponds to the prolonged release layer.

Instructions for use

Take 1 tablet a day, with a glass of water.

Healthy properties

- Contains lemon balm and passionflower that help relaxation.
- Contains magnesium which contributes to the normal functioning of the nervous system and psychological function.

