

## Melanoctina Dream All Night 30 Comp

EAN: 8435100845084    FABRICANTE: PLAMECA



Melanoctina Dream all night long features bilayer technology. The first layer contains 1.9 mg of melatonin to help you fall asleep, and the second layer contains passionflower, California poppy, valerian, lemon balm and vitamins B6 and B12 to prolong sleep.

### DESCRIPTION

Melatonin helps to reduce the time needed to fall asleep. The beneficial effect is achieved by taking 1 mg of melatonin shortly before going to sleep. Vitamins B6 and B12 contribute to the normal functioning of the nervous system.

### Ingredients

Bulking agent (cellulose), Hydrogenated vegetable oil, Passionflower ( *Passiflora incarnata* ) flower dry extract (4% flavonoids), California poppy ( *Eschscholzia californica* ) herb dry extract, Valerian ( *Valeriana officinalis* ) root dry extract (0.3% valerenic acids), Melissa ( *Melissa officinalis* ) leaf dry extract (2.5% rosmarinic acid), Glazing agent (hydroxypropyl methylcellulose), Anti-caking agents (silicon dioxide, hydroxypropyl methylcellulose), Glazing agents (hydroxypropyl cellulose, polyethylene glycol), Rice starch, Glazing agent (sucrose esters of fatty acids), Melatonin, Pyridoxine hydrochloride (Vitamin B6), Spirulina, Color (beet red), Cyanocobalamin (Vitamin B12).

### Nutritional table

Per recommended dose	Quantity (1 tablet)
Melatonin	1.90 mg
Dry Passionflower Extract (flavonoid content)	100 mg (4 mg)
Dry California Poppy Ext.	50 mg
Dry Valerian Extract	50 mg
(valerenic acid content)	(0.15 mg)
Dry extract of Melissa	50 mg
(rosmarinic acid content)	(1.25 mg)
Vitamin B6	1.4 mg (100% NRV)



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Vitamin B12                      2.5 µg (100% NRV)

NRV = Nutrient Reference Value.

### Instructions for use

Take 1 tablet half an hour before going to sleep.  
It is recommended to take this product always at the same time.

