

Pure State Melatonin 1 mg 180 Comp

EAN: 8436005301224 FABRICANTE: TONGIL



Food supplement based on Melatonin.

DESCRIPTION

What is Pure State Melatonin from Tongil used for?

Melatonin helps reduce the time needed to **fall asleep** and alleviate the subjective sensation of **jet lag**.

What does Pure State Melatonin from Tongil contain?

Each tablet provides 1 mg of pure Melatonin (1-acetyl-5-methoxytryptamine).

Melatonin is a hormone produced in the pineal gland and its release is stimulated by darkness and suppressed in the presence of light.

It is responsible for the physiological processes that regulate sleep and its secretion into the blood follows a circadian rhythm: it begins at dusk, reaching its maximum concentration during the night, decreases to a minimum in the morning and remains very low throughout the day.

ACTIVE INGREDIENTS / DAILY DOSE (1 TABLET)

- Melatonin 1 mg.
- Other Ingredients: Bulking agents (microcrystalline cellulose and sorbitol), anti-caking agents (magnesium stearate and silicon dioxide).

Instructions for use

Take 1 tablet daily. The beneficial effect for initiating sleep is achieved by taking 1 mg just before going to sleep.

The beneficial effect on jet lag is achieved with a minimum intake of 0.5 mg taken shortly before bedtime on the first day of travel and a few days later upon arrival at the destination.

