



Magnesium-Sleep¹-Complex Capsules

Food supplement containing magnesium, melatonin, lemon balm extract and vitamin B6

Useful information: As the day draws to a close, our Magnesium Sleep Complex provides you with the support you need in the form of a carefully balanced combination of magnesium, vitamin B6, lemon balm extract and melatonin. The magnesium, which is derived from two high-quality compounds, helps to maintain normal muscle and nervous system function. This formula is the ideal support for your evening routine, containing vitamin B6, which contributes to normal psychological function, and 1 mg of melatonin per capsule to help reduce the time it takes to fall asleep.

¹Melatonin helps to reduce the time it takes to fall asleep.

Ingredients: Magnesium Oxide, Magnesium Bisglycinate, Hydroxypropyl Methylcellulose, Lemon Balm Extract, Silicon Dioxide (separating agent), Magnesium Stearate; Lactose, Vitamin-B6-Hydrochloride, Melatonin, Glucose Syrup.

	per capsule (= Daily dose)	% of NRV recommended daily dose*
Magnesium	290 mg	77
Melatonin	1 mg	**
Vitamin B6	1.4 mg	100
Lemon balm extract	50 mg	**

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

** no reference value available yet

Recommended dose: To help you fall asleep more quickly, adults should take one capsule approximately 30 minutes before going to bed each day.

Do not take together with alcohol. Pregnant and breastfeeding women and persons taking medication should contact their physician before taking this preparation.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Content 90 capsules = 67 g

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