



## Melatonin Spray liposomal

Nutritional supplement with melatonin  
vegan

**Useful information:** Melatonin is an endogenous "sleep hormone" that plays an important part in controlling the day/night rhythm. If required, it can be used as gentle sleeping aid, since the European Food Safety Authority (EFSA) has confirmed that melatonin contributes to shortening the time it takes to fall asleep. As a spray, melatonin is easily and conveniently absorbed through the oral mucosa. Enclosed in microscopically small liposomes, it unfolds its effect particularly quickly, strongly and biologically highly available.

**Ingredients:** Water, Glycerol (humectant), Ethanol, **Soya Lecithin** (emulsifier), Sunflower Oil, Melatonin, Flavouring, Alpha-tocopherol (antioxidant).

Alcohol content: 14 % vol.

	per spray	2 sprays (=Daily dose)
Melatonin	0.5 mg	1 mg

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not available.

**Recommended dosage:** To reduce the time it takes to fall asleep: Two pumps of the spray (1 mg) directly into the mouth shortly before going to bed. Leave in the mouth for about 10 seconds before swallowing.

Not suitable for children and young people under 17 years of age. 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

### Contents 30 ml

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