



Destresan



## *Destresan Night + Melatonin*



**DESTRESAN NIGHT + MELATONIN** contains a blend of plant extracts with magnesium, vitamin B 6 and melatonin.

Lemon balm contributes to maintaining a relaxed state and well-being. Moreover lemon balm and common hop contribute to achieving a good quality of sleep.

Melatonin contributes to the reduction of time taken to fall asleep. Melatonin also contributes to the alleviation of subjective feelings of jet lag.

Magnesium and vitamin B 6 contribute to normal functioning of the nervous system and to normal psychological function. They also contribute to a reduction of tiredness and fatigue.

**INTENDED USE:** product is recommended for adults who have a difficulty falling asleep, who experience anxiety and nervous tension.

It is also recommended for people travelling across time zones and for shift workers.

**RECOMENDED USE:** adults – 1 capsule a day, half an hour before going to sleep. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle.

**NOTE!** Pregnant and breastfeeding women should consult a physician before using the product.

1 the beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime.

2 the beneficial effect is obtained with a minimum intake of 0,5 mg to be taken close to bedtime on the first day of travel and on the following few days after arrival at the destination.

**INGREDIENTS:** lemon balm (*Melissa officinalis*) leaf extract, common hop (*Humulus lupulus*) cone extract, magnesium oxide, gelatin (shell ingredient), anti-caking agent: magnesium salts of fatty acids, anti-caking agent: silicon dioxide, pyridoxine hydrochloride, melatonin, colour: titanium dioxide, colour: indigo carmine.

**DAILY DOSE (1 capsule) contains:** 200 mg of lemon balm leaf extract, 150 mg of hop cone extract, 56.25 mg of magnesium (15%\*), 1.4 mg of vitamin B 6 (100%\*), 1 mg of melatonin.

\* % of nutrient reference value

## *Volume*

- 24 capsules

*Plik wygenerowany na stronie Oleofarm.pl*