Adresse:
Talstr. 7
01099 Dresden

Kontakt:
Telefon: 015773998502
E-Mail: pdf@energyvital.de

Rechtliches:
Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Overview

Sleep Balance plus, 90 capsules

Product number: SH0300



Price

Quantity	Unit price	Base price
To 1	€49.90	€998.00 / 1 Kilogramm
To 4	€47.40	€948.00 / 1 Kilogramm
From 5	€44.91	€898.20 / 1 Kilogramm

Prices incl. VAT plus shipping costs

Description

Sleep Balance plus

Medicinal herbs and melatonin in an adaptogenic formula

Melatonin - helps you fall asleep gently

Adresse:
Talstr. 7
01099 Dresden

Kontakt:
Telefon: 015773998502
E-Mail: pdf@energyvital.de

Rechtliches:
Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Melatonin is an endogenous hormone and important for our natural sleep-wake rhythm. When it gets dark, the body produces more melatonin and we become sleepy. But stress, bright light, long summer days, a changed sleep rhythm or age can disturb this process and make falling asleep more difficult. Sleep Balance plus can help here: each capsule contains 1 mg of melatonin, which has been shown to help you fall asleep faster.
The special feature of this blend is that St. Helia consciously does not use individual, highly dosed substances. Instead, they trust that the body itself knows best what it needs. Thus melatonin is combined with 5-HTP from the black bean (Griffonia simplicifolia), from which the body can produce melatonin itself if required. In addition, Sleep Balance Plus contains selected herbs from various parts of the world.

Who is melatonin particularly suitable for?

Not everyone produces the same amount of melatonin and individual needs can vary.
Some people start to fall asleep later, their day-night rhythm is shifted, or travel with time differences is planned — melatonin can help to alleviate the feeling of jet lag. With increasing age (from around 50 years), the body produces noticeably less melatonin.

Plant knowledge from around the world - 6 good helpers for the evening

Sleep Balance plus contains, in addition to melatonin and its precursor 5-HTP, six special plants that have long been valued in various countries:

- **Valerian, hops, passionflower** and **lavender** - well-known plants from European herbal medicine. Lavender is included twice: as a fine essential oil and as ground flowers.
- **Saffron** is a very expensive spice, painstakingly harvested by hand from the stigmas of thousands of true saffron flowers (Crocus sativus).
- **Ashwagandha**: Each capsule contains 100 mg of ashwagandha extract, of which 5 mg are withanolides. The extract comes from the root of Withania somnifera, also known as the "sleep berry" or "Indian ginseng", which has long been used in Ayurvedic medicine.

This blend is suitable for anyone who wishes to relax more easily in the evening and sleep better.

EFSA-approved claims regarding melatonin (Health Claims)

- Melatonin contributes to a reduction in the time it takes to fall asleep. The beneficial effect is obtained when 1 mg of melatonin is taken shortly before bedtime.
- Melatonin helps relieve the subjective feeling of jet lag. The beneficial effect is obtained when at least 0.5 mg is taken shortly before bedtime on the first day of travel and on the first days after arrival at the destination.

Active ingredients

Active substances*	**per daily portion 1 capsule**
5-Hydroxytryptophan (5-HTP)	50 mg
Ashwagandha extract (Withania somnifera)	100 mg
- contains withanolides	5 mg
Melatonin	1 mg

* No reference intake established according to the Food Information Regulation (LMIV)

Ingredients

Adresse:
Talstr. 7
01099 Dresden

Kontakt:
Telefon: 015773998502
E-Mail: pdf@energyvital.de

Rechtliches:
Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Black bean extract (25% 5-HTP from Griffonia simplicifolia), ashwagandha extract, hydroxypropylmethylcellulose capsule (vegetable), valerian root dry extract, passionflower dry extract (contains 2% flavonoids), hop cone extract, ground lavender flowers, anti-caking agent: medium-chain triglycerides from coconut (MCT oil), melatonin, saffron, lavender oil.

Recommended intake

1 capsule daily, 30 to 60 minutes before bedtime.

Important information

Not suitable for pregnant or breastfeeding women, nor for children and adolescents under 18 years. Do not drive or operate machinery after taking this product, as reaction ability may be impaired. If taking medication, use only after consulting a doctor.

Tips

- Darkness promotes the body's own melatonin production, while daylight and blue light (e.g. from screens) inhibit it. Reducing bright light and avoiding blue light in the last one to two hours before bedtime (e.g. using blue-light filters, night mode or dimming) can additionally support falling asleep.
- For travel involving time differences, it is advisable to start taking melatonin one day before departure. This can help adjust the day-night rhythm to the destination more quickly.

Storage instructions

Store in a cool, dry place protected from light (do not refrigerate).

Legal information

Do not exceed the recommended daily intake. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of reach of young children.
ngsmittel sind kein Ersatz für eine ausgewogene und abwechslungsreiche Ernährung und eine gesunde Lebensweise. Außerhalb der Reichweite von kleinen Kindern aufbewahren.

Product information

Application:	Relaxation
Dosage form:	In vegan capsules.
Plants:	Ashwagandha, Hops, Lavender, Passion flower, Saffron, Valerian
Quality:	Free from magnesium stearate, Gluten-free, Lactose-free, Vegan
Product type:	Dietary supplements