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

Overview

Sleep Well, 60 capsules

Product number: PM7255



Price

Quantity	Unit price	Base price
To 1	€24.90	€478.85 / 1 Kilogramm
To 4	€23.70	€455.77 / 1 Kilogramm
From 5	€22.40	€430.77 / 1 Kilogramm

Prices incl. VAT plus shipping costs

Description

Sleep Well – ideal for a relaxed bedtime routine

Especially as evening falls, we want to finally calm down and give the body a well-deserved rest. Normally, the hormonal balance naturally adjusts to the onset of darkness. In turbulent times, however, this can become disrupted and make it harder for the body to 'wind down'.

Sleep Well from Podo medi contains a blend of calming herbs and valuable vitamins for your evening routine. Together with 5-HTP, the included vitamins B6 and B5 influence the production of melatonin – also known as the sleep hormone. Vitamin B3 also contributes to normal psychological function.
Lemon balm and hops are known from many bedtime tea blends. These herbs have been used in the evening for

decades. The melatonin included completes Sleep Well.

Lemon balm - a plant with a long history

It is interesting to know that the ancient physician Hippocrates was the first to recognise the potential of lemon balm. This plant was already introduced to Europe in antiquity and belongs to the botanical genus Melissa, whose Greek name means "bee leaf". It is particularly known for its use as a bee plant, as beekeepers use it to attract bees to produce a specific nectar. Lemon balm is native to the Mediterranean region and is widespread in France. In the wild it can grow up to 80 centimetres tall and its leaves resemble those of mint. It gives off a sweet, lemony scent reminiscent of lemongrass. For humans, lemon balm is often used to make infusions. Because of its positive properties, lemon balm is nowadays also found in dietary supplements.

Benefits of lemon balm

Lemon balm is used particularly in demanding times, such as the cold seasons or periods of high stress. Together with calming herbs it is found in numerous tea blends. Lemon balm is also increasingly used in aromatic oils. Its scent is likely present in most wellness facilities.

Nutritional properties

- Vitamin B6 contributes to the normal function of the nervous system and to normal psychological function
- Vitamin B6 contributes to the regulation of hormonal activity.
- Vitamin B5 (pantothenic acid) helps in the conversion of serotonin into melatonin. It is also important for the synthesis of amino acids, fatty acids, proteins, steroid hormones and other neurotransmitters.

Nutritional declaration

Micronutrients	per daily serving 1 capsule
Niacin	18 mg (113 %*)
Pyridoxine	8 mg (571 %*)
Pantothenic acid	6 mg (100 %*)

*Reference intake value according to Regulation (EU) No 1169/2011

Active ingredients

Active substances*	per daily serving 1 capsule
Lemon balm	300 mg
Inositol	300 mg
Hops	75 mg
Melatonin	0.29 mg
5-HTP	50 mg

* No reference amount specified according to the FIC Regulation.

Ingredients

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Lemon balm, inositol, hops, 5-HTP, vitamin B3, vitamin B6, vitamin B5, melatonin, hydroxypropylmethylcellulose (veg. capsule),

Recommended intake

Take 1 EMBO-CAPS® shortly before bedtime on an empty stomach.

Manufacturer's notes

Not suitable for children under 17 years. Contains maize.

Storage instructions

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

Legal notice

The recommended daily intake should not be exceeded. Food supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of reach of small children.

Product information

Application:	Relaxation
Quality:	Free from magnesium stearate, Gluten-free, Lactose-free, Vegan
Product type:	Dietary supplements