Adresse:
Talstr. 7
01099 Dresden

Kontakt:
Telefon: 015773998502
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Rechtliches:
Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Overview

Melatonin drops, 30 ml

Product number: PM1091



Price

Quantity	Unit price	Base price
To 1	€19.90	€663.33 / 1 Liter
To 4	€19.00	€633.33 / 1 Liter
From 5	€18.00	€600.00 / 1 Liter

Prices incl. VAT plus shipping costs

Description

NATURA FELIX Melatonin drops to compensate for melatonin deficiency

Melatonin is an endogenous hormone that regulates the day-night rhythm and prepares the body for sleep. Artificial light, shift work, travel across multiple time zones, stress and increasing age can affect natural melatonin production and thereby promote problems with falling asleep and staying asleep.

NATURA FELIX Melatonin supplements the body's own melatonin production and:

- **helps to reduce the time it takes to fall asleep***

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- **helps to alleviate the subjective sensation of jet lag***
- **is individually dosable**

* The positive effect occurs when 1 mg of melatonin is taken shortly before bedtime.

** The positive effect occurs when at least 0.5 mg is taken on the first day of travel shortly before bedtime and on the first days after arrival at the destination.

With organic lemon balm – clear and minimally formulated

NATURA FELIX Melatonin contains only melatonin, organic lemon balm, MCT oil from coconut and a small amount of alcohol. The organic lemon balm mitigates the bitter intrinsic taste of melatonin. The extract is obtained particularly gently by CO_2 extraction without organic solvents and without heating.

MCT oil serves as the carrier. Ethanol ensures an even distribution of the melatonin in the oil and also acts as a preservative.

The product contains no further additives and is **suitable for vegetarians and vegans**.

Dosage: 1 drop contains 1 mg melatonin. The recommended intake is 1 drop about 2 hours before going to sleep.

Melatonin and the sleep-wake rhythm

Melatonin is produced in greater amounts in darkness and signals the body that the resting phase is approaching. In light, melatonin production is inhibited. Melatonin concentration reaches its highest level at night, particularly between 2 and 4 a.m.

Causes of altered melatonin production

Artificial light, especially the high blue light content of smartphones, televisions and monitors, can affect natural melatonin release. Shift work, air travel across time zones, alcohol, caffeine and chronic stress can also impair the natural sleep-wake rhythm.

In addition, the body’s own melatonin production decreases over the course of life. Seasonal changes in the light-dark rhythm can also influence melatonin production.

A balanced sleep-wake rhythm is an important prerequisite for the nightly restoration of the body and brain.

Nutritive properties

- helps to alleviate the subjective sensation of jet lag.
- helps to shorten the time it takes to fall asleep.

Active ingredients

Active substances*	per daily portion 1 drop
Melatonin	1 mg*

* No reference intake value specified according to the Food Information to Consumers Regulation (FIC)

Ingredients

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MCT oil from coconut, ethyl alcohol (10%), melatonin, lemon balm leaves.

Recommended intake

Take 1 drop on the tongue or in water approx. 30 minutes before going to sleep.

Storage instructions

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

Legal notice

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

Product information

Application:	Relaxation
Dosage form:	As oil in a dropper bottle.
Alcohol:	10% by volume
Quality:	Gluten-free, Lactose-free, Vegan
Product type:	Dietary supplements