

# Melatonin Capsules

## 1 mg

### Food supplement with Melatonin in vegan capsules.

Melatonin helps to shorten the time it takes to fall asleep (if at least 1 mg is taken shortly before bedtime).

Nutrition Information	per 1 capsule*
Melatonin	1 mg

\*recommended daily intake

**Directions for use:** Take 1 capsule with sufficient water 30 to 60 minutes before going to bed.

**Ingredients:** Bulking agent: inulin, hydroxypropyl methyl cellulose (capsule), antioxidant: ascorbyl palmitate, melatonin.

**Notice:** The recommended daily intake must not be exceeded. This product is not a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of the reach of children. **Store tightly closed in a cool, dry place.**



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Certified quality



Strict quality controls



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Art.-No.: 12883  
**50 Capsules**  
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