

Melatonin Capsules

5 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	5 mg

*recommended daily intake

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

Ingredients: Bulking agent: microcrystalline cellulose, hydroxypropyl methyl cellulose (capsule), 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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60 Capsules
€ 9.5g