



MÉDERI
NUTRICIÓN INTEGRATIVA
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MELATONINA MÉDERI 1.9 mg



Description Food supplement based on Melatonin.

Directions for use / recommended dose: Dissolve one tablet under the tongue 30 minutes before bedtime, or as professionally recommended. The tablets may also be chewed.

Presentation: Box of 60 tablets of 250 mg.

Composition: Corn maltodextrin, bulking agent (xylitol), anti-caking agent (sodium carboxymethyl cellulose cross-linked), natural citrus flavouring powder, lemon flavouring powder, anti-caking agents (AEROSIL® 200 F (silicon dioxide) and magnesium salts of fatty acids) and melatonin.

Storage conditions: Keep the container closed in a dry and cool place.





Ingredients:

Ingredients	1 tablet
Melatonin	1.90 mg

Warnings: Do not exceed the expressly recommended daily dose. Food supplements should not be used as a substitute for a balanced diet. Keep out of the reach of young children. Excessive consumption may cause laxative effects.

Not recommended for pregnant and breastfeeding women, children and adolescents, people suffering from inflammatory diseases, autoimmune diseases, epilepsy, asthma, mood, behavioural or personality disorders, as well as people on medication. It is also not recommended for use by persons engaged in any activity requiring sustained alertness for whom drowsiness may be a safety concern.

Properties and potential applications:

Melatonin helps relieve the subjective feeling of (jet lag)* and helps reduce the time needed to fall asleep.**

*The beneficial effect is obtained with a minimum intake of 0.5 mg to be taken shortly before bedtime on the first day of travel and a few days after arrival at the destination.

**The beneficial effect is obtained with an intake of 1 mg of melatonin before going to sleep.