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NUTRICIÓN INTEGRATIVA
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Description: Food supplement based on melatonin, saffron extract and vitamin B6.

Directions for use / recommended dose: Dissolve one tablet under the tongue 30 minutes before going to sleep, or according to professional recommendation.

Presentation: Cases of 30 and 60 tablets of 250 mg.

Composition: Bulking agent (xylitol), corn maltodextrin, Affron® dry extract of Saffron stigmas ((*Crocus sativus* L., stigmas), 3.5% lepticosalides), red fruit powder flavor, anti-caking agents (interlaced sodium carboxymethylcellulose and magnesium salts of fatty acids), melatonin and pyridoxine hydrochloride (vitamin B6).

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





Ingredients:

Ingredients	1 tablet	%NRV*
Dry extract of Saffron stigmas (Affron®):	28.00 mg	
- Of which: Lepticosalides	0.98 mg	
Melatonin	1.90 mg	
Vitamin B6	1.40 mg	100%

*NRV: Nutrient Reference Value for vitamins and minerals.

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.**

Vitamin B6 contributes to normal energy metabolism, normal functioning of the nervous and immune systems, contributes to normal psychological function, helps reduce tiredness and fatigue and regulates hormonal activity.

*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.