



MÉDERI
NUTRICIÓN INTEGRATIVA
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ANSIOPHYT



Description: Food supplement based of plant extracts, GABA, L-tryptophan, magnesium and vitamin B6.

Directions for use / recommended dose: Take two (2) capsules a day, with half a glass of water (125 mL), preferably with meals, or as recommended by a professional.

Presentation: Bottle of 60 capsules of 820 mg.

Composition: Magnesium bisglycinate, dry extract of green tea leaves (*Camellia sinensis* L.) 40 % L-Theanine and 6 % Epigallocatechin), capsule (coating agent (hydroxypropyl methylcellulose), water and gelling agent (Gellan Gum)), bulking agent (microcrystalline cellulose), dry extract of Hawthorn leaves (*Crataegus oxyacantha*) 1,8 % Vitexin), dry extract of Bacopa herb (*Bacopa monnieri*), dry extract of Purple Basil herb (*Ocimum tenuiflorum-sanctum*), Gamma-Amino Butyric Acid (GABA), granular L-Tryptophan, **SOYBEAN** lecithin (*Glycine max* L.), 20 % phosphatidylserine), Affron® dry extract of Saffron stigmas (*Crocus sativus* L., stigmas), 3.5 % Lepticrosalides®), Vitamin B6 (pyridoxal 5-phosphate monohydrate) and anti-caking agent (magnesium salts of fatty acids).

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



Affron®

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Ingredients	2 capsules
Dry extract of green tea leaves	250.0 mg
- Of which: L-Theanine	100.0 mg
- Of which: Epigallocatechin	15.0 mg
- Of which: caffeine	12.5 mg
Dry extract of Hawthorn leaves	100.0 mg
- Of which: Vitexin	1.8 mg
Dry extract of Purple Basil	100.0 mg
Dry extract of Bacopa herb	100.0 mg
Gamma-Amino Butyric Acid (GABA)	100.0 mg
L-Tryptophan	100.0 mg
SOYBEAN Lecithin	100.0 mg
- Of which: Phosphatidylserine	20.0 mg
Magnesium	75.0 mg (20 %*)
Dry saffron stigmas extract (Affron®):	15.0 mg
- Of which: Lepticrosalides®	0.53 mg
Vitamin B6	6.0 mg (428.57 %*)

*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 varied and balanced diet. Keep out of the reach of young children. A daily amount of 800 mg or more of (-) epigallocatechin-3-gallate should not be consumed. Should not be consumed if other products containing green tea are already consumed on the same day. Contains caffeine. Not recommended for children or pregnant women. Not to be consumed by pregnant or breastfeeding women, or by children under 18 years of age. Also should not be taken on an empty stomach.

Properties and potential applications

Saffron (*Crocus sativus*) contributes to emotional balance, aids relaxation and helps maintain a positive mood.

Magnesium helps to reduce tiredness and fatigue, normal protein synthesis and cell division process; it contributes to the normal functioning of muscles, nervous system, energy metabolism, electrolyte balance and to maintain good psychological function and the maintenance of normal bones and teeth.

Vitamin B6 contributes to normal energy metabolism, to the normal functioning of the nervous system, to energy metabolism, to electrolyte balance and to the maintenance of good psychological function.