



MÉDERI
NUTRICIÓN INTEGRATIVA
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MELATONINA MÉDERI 1.9 mg/mL



Description Food supplement based on melatonin. With sweetener.

Directions for use / recommended dose: Using the dropper, take one (1) mL (1.9 mg of melatonin) half an hour before bedtime. It can be taken directly in the mouth or diluted in water.

Presentation: Bottle of 30 mL with dropper.

Composition: Water, apple flavouring, sweetener (steviol glycosides), acidifier (citric acid), melatonin and conservatives (sodium benzoate and potassium sorbate).

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





Ingredients	1 mL
Melatonin	1.9 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.

Not recommended for pregnant and breastfeeding women, children and adolescents, people suffering from inflammatory or autoimmune diseases, epilepsy, asthma, mood, behavioural or personality disorders, or people undergoing pharmacological treatment. It is also not recommended for people who must perform activities that require sustained alertness, for whom drowsiness could pose a safety risk.

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.

It is important to follow a varied and balanced diet and a healthy lifestyle.