



MÉDERI
NUTRICIÓN INTEGRATIVA
mederinutricion.com

DORMED



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

Directions for use / recommended dose: Take one (1) capsule per day, 30 minutes before going to bed, or as recommended by a professional.

Presentation: Bottle of 60 capsules of 600 mg.

Composition: Corn starch, capsule (coating agent: hydroxypropyl methylcellulose, purified water and gelling agent: gellan gum), bulking agents (calcium phosphate), Affron® dry extract of saffron stigmas (*Crocus sativus* L., stigmas) 3.5% lepticrosalides), melatonin, pyridoxine hydrochloride (vitamin B6) and anti-caking agent (magnesium salts of fatty acids).

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



Affron®

Affron® and Lepticrosalides® are registered trademarks by Pharmactive Biotech Products, SLU



Ingredients	1 capsule	% NRV*
Dry extract of Saffron stigmas (Affron®): - Of which: Lepticrosalides	28.00 mg 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 reach of young children.

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.

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