

MetaSleep

CNK 3410826 | NUT/PL/AS 162/621

 30 tablets



Helps get the patient to sleep
Promotes a natural and healthy night's

- Falling asleep and sleeping
- Promotes a good night's sleep
- Based on a multifactorial approach comprising four activity domains: 1) GABA receptor 2) α waves 3) NMDA receptor 4) serotonin-melatonin metabolism
- Complete formula: plant extracts in high active doses, unique amino acid L-theanine, magnesium, B vitamins and melatonin
- Magnesium in best absorbable forms: magnesium glycerophosphate and bisglycinate for spread intake of magnesium
- Cofactors that reinforce the effect of magnesium in the synthesis of serotonin and melatonin: vitamins B6, B12 and folate (Metafolin®)
- B vitamins in active forms: immediately available for effect in the body
- No habituation

Usage: 1 tablet

Product description

Like to know more about MetaSleep®? Go to www.metasleep.eu

MetaSleep® contains extracts of valerian and lemon balm (*Melissa officinalis*) which help to fall asleep, support a natural and healthy sleep and have a calming effect. The added magnesium (in easily absorbable form) and vitamins B6 and B12 support the normal functioning of the immune system



Soy-free



Suitable for
vegans



Lactose-free



Gluten-free

Ingredients

Nutritional information

Ingredients per Tablet	Shape/component	Quantity	%RI
<u>Valerian extract (<i>Valeriana officinalis</i> L.)</u>		150 mg	
<u>Green tea leaf extract (<i>Camellia sinensis</i> (L.) Kuntze)</u>		100 mg	
<u>Passion flower extract (<i>Passiflora incarnata</i> L.)</u>		50 mg	
<u>Lemon balm extract (<i>Melissa officinalis</i> L.)</u>		50 mg	
<u>Magnesium</u>		60 mg	16%
	Magnesium bisglycinate	306 mg	
	Magnesium glycerophosphate	280 mg	
<u>Vitamin B6</u>	Pyridoxal-5-phosphate	1 mg	71%
<u>Vitamin B12</u>	Methylcobalamin	25 µg	1000%
<u>Folate</u>	Calcium-L-methylfolate (Metafolin®)	100 µg	50%
<u>Melatonin</u>		0,295 mg	

Also contains:
Microcrystalline cellulose, Hydroxypropylmethylcellulose, Calcium carbonate, Polyethylene glycol, Hydroxypropylcellulose, Maltodextrin, Cross-linked sodium carboxymethyl cellulose, Silicon dioxide, Magnesium salts of fatty acids

List of ingredients

Magnesium bisglycinate, magnesium glycerophosphate, valerian extract (*Valeriana officinalis* L.), green tea leaf extract (*Camellia sinensis* (L.) Kuntze), bulking agent: microcrystalline cellulose, coating (coating agent: hydroxypropylmethylcellulose, colouring: calcium carbonate, emulsifier: polyethylene glycol), passion flower extract (*Passiflora incarnata* L.), lemon balm extract (*Melissa officinalis* L.), bulking agent: hydroxypropyl cellulose, maltodextrin, anti-caking agents: cross-linked sodium carboxymethyl cellulose, magnesium salts of fatty acids and silica, vitamin B6 (pyridoxal-5-phosphate), melatonin, vitamin B9/folate (calcium-L-methylfolate), vitamin B12 (methylcobalamin).

Use and dose

1 tablet, 30 minutes before bedtime

The information was written by and for people who work with health and nutrition in a professional capacity. It is not intended for consumers or people without specialised knowledge. The disease must be diagnosed and treated by an accredited healthcare professional.

A dietary supplement should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Keep cool and dry. Do not exceed the recommended daily allowance. Keep out of the reach of young children.

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