





MELATONIN EXTRA (60 CAPS.)

PRICE: 37,80 EUR

SHIPPING TIME: 24 GODZINY

Catalogue no.: PL2830

EAN code: PL2830

DESCRIPTION OF THE ITEM

MELATONIN EXTRA

DIETARY SUPPLEMENT

When the right moment for sleep matters

Melatonin Extra is a dietary supplement combining **3 mg of melatonin**, vitamin E, and a proprietary blend of plant-based ingredients.

Melatonin is a substance naturally present in the human body. It helps reduce the time required to fall asleep. The beneficial effect is obtained with the consumption of 1 mg of melatonin shortly before bedtime. Melatonin Extra provides as much as **3 mg of melatonin per capsule**.

What will you find in Melatonin Extra?

- **Melatonin – 3 mg**
  Melatonin helps reduce the time required to fall asleep.*
- **Vitamin E – 22 mg (183% NRV)**
  Vitamin E contributes to the protection of cells from oxidative stress.
- **Proprietary plant-based blend – 105 mg**, containing:
  - Siberian ginseng (*Eleutherococcus senticosus*) – 50 mg
  - Ginkgo leaf powder (*Ginkgo biloba*) – 50 mg
  - Ginkgo leaf extract (*Ginkgo biloba*) – 5 mg

    The Ginkgo leaf extract is standardized to **24% flavonol glycosides**, providing **1.2 mg of flavonol glycosides per capsule**.



Why get to know Melatonin Extra?

One plant-based capsule provides 3 mg of melatonin and 22 mg of vitamin E. The formula is complemented by 105 mg of a proprietary plant-based blend featuring Siberian ginseng and ginkgo.

The capsule is of plant origin, and the packaging is made from **100% recycled materials.**

Directions for use

Take 1 capsule daily before bedtime, once every 3 days.

** The beneficial effect is obtained with the consumption of **1 mg of melatonin shortly before bedtime**.*

Active ingredients per 1 capsule:

Ingredient	Amount
Proprietary blend	105 mg (**)
Vitamin E	22 mg (183% *NRV)
Melatonin	3 mg (**)

*NRV – Nutrient Reference Value
**Nutrient Reference Value not established

60 plant-based capsules | Net weight: 23.4 g

Ingredients:
Bulking agent (cellulose), Proprietary blend (Siberian ginseng root powder [Eleutherococcus senticosus], ginkgo leaf powder [Ginkgo biloba], ginkgo leaf extract [Ginkgo biloba] standardized to 24% flavone glycosides), plant-based capsule (gelling agent: hydroxypropyl methylcellulose, water), vitamin E (D-alpha tocopheryl acetate), anti-caking agents: magnesium salts of fatty acids, fatty acids, anti-caking agent (silicon dioxide), melatonin

Downloadable materials:

- photos
- presentation
- leaflet

Nature’s Sunshine encourages a healthy lifestyle. Dietary supplements should not be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are essential for the proper functioning of the body.