

# Meditacio - night

PERSONAL MANAGER OF YOUR SLEEP!

**Brand name:** Meditacio-night

**Appearance:** Mint-flavored lozenge

## SUPPLEMENT FACTS

Serving Size: **1 mint-flavored lozenge**

Servings Per Container: **20 mint-flavored lozenges**

	Amount Per Serving	% Daily Value
Glycine	250 mg	**
Valerian (Valeriana officinalis) root extract	80 mg	**
L-tryptophan	75 mg	**

\*\* Daily Value not established

**Other Ingredients:** sorbitol, boeson, flavour peppermint, tricalciumphosphat, magnesiumstearat, aspartame, acesulfam

**Recommended Use:** Adults: 1 to 2 mint-flavored lozenge 10-15 minutes before bed, or as directed by a healthcare practitioner. This mint-flavored sublingual lozenge is taken under the tongue, where it is absorbed directly into the bloodstream by the blood vessels for quick action.

### Key Benefits and Actions:

- Reduces the time to fall asleep.
- Supports you enjoy a good night of rest.
- A sleep the key to a nice day.

### Active Ingredients:

**Glycine** is the second most-used amino acid in the synthesis of proteins in the body, and acts as an inhibitory and excitatory neurotransmitter in the brain. **Glycine's** ability to decrease brain excitability has also made it useful for improving sleep quality as well as mood and emotional symptoms associated with stress and anxiety. **Valerian** Root (extract and powder) provide support for relaxation and restful sleep. **L-Tryptophan** is an amino acid that is converted in the body to serotonin, an important neurotransmitter that supports many functions in the brain and is used to aid sleep. **L-Tryptophan** is not synthesized by the body and must be obtained from the diet.

### Warnings:

KEEP OUT OF REACH OF CHILDREN.

If you are pregnant or nursing, please consult your healthcare professional before using this product. Not intended for use by individuals under the age of 18.

Store at the temperature not exceeding 25°C.

Shelf life: 24 months from the manufacturing date.

A pack with 2 blisters, 10 Mint-flavored lozenge per each blister.

Manufacturing is in accordance with the international requirements and GMP standards (Good Manufacturing Practice).

**Manufacturer:** Germany, C.Hedenkamp GmbH&Co.KG for Company Private Unitary Enterprise «PharmConsilium» (Belarus). **Trade mark owner:** PharmConsilium