

Product: Melatonin

Description

EcogeneticsN® melatonin is sublingual, meaning it enters the bloodstream directly through the sublingual veins, which means maximum absorption and effectiveness

- Promotes a completely natural sleep
- Eliminates insomnia
- Improves sleep quality



Function

- Detoxifies the cells
- Powerful Anti-aging

Melatonin is a natural hormonal nutrient that is synthesised from the amino acid tryptophan by the pineal gland at the back of the brain. In the body, Melatonin regulates sleep cycles, supports normal immune function and protects cells from the damage from free radical damage.

The difference to orally taken melatonin is that it is absorbed in the intestine, which can be more or less absorbed depending on the person, and ends in the liver, where much of the melatonin is destroyed.

Does not contain any type of allergens.

Product: Melatonin

Directions / Precautions

Adults should take 1 sublingual tablet a day or as prescribed. The recommended daily dose should not be exceeded. Melatonin should always be taken sublingually to ensure its bioavailability. If you have any health problems, consult your physician first. Supplements should not replace a varied and balanced diet and a healthy lifestyle. Store in a cool, dry place. Keep out of reach of children.



Packaging

- Pack size : 100cc
- Net weight : 27g
- Total weight
- Type : comprimidos
- Quantity : 90
- N.º embalagens p/caixa:
- IVA 23%
- Reference : ECO MELATONINA
- Barcode : 5600283759012

Indications

Melatonin can be a nutritional supplement for individuals who wish to encourage pineal gland function and/or to regulate sleep cycles. In cases of travel it helps to recover from jet-lag extremely easily. It is also a powerful antioxidant.
Note: Melatonin should always be taken sublingually to ensure its bioavailability.

Allergens

Contains no known allergens.



1MG

Product: Melatonin

Bibliography

- D. Garfinkel MD, M. Laudon PhD, D. Nof PhD, N. Zisapel PhD (Prof) - Improvement of sleep quality in elderly people by controlled-release melatonin, The Lancet, 26 Agosto 1995, pg. 541-544
- Isidoro Fainstein, Alberto J. Bonetto, Luis I. Brusco, Daniel P. Cardinali - Effects of melatonin in elderly patients with sleep disturbance: a pilot study, Elsevier, dezembro 1997, volume 58, pg.990-1000
- Amnon Brzezinski, Mark G. Vangel, Richard J. Wurtman, Gillian Norrie, Irina Zhdanova, Abraham Ben-Shushan, Ian Ford
- Effects of exogenous melatonin on sleep: a meta-analysis, Sleepmedicine, Fevereiro 2005, volume 9, pg. 41-50
- R.Hardeland, R.J.Reiter, B.Poeggeler, D.X.Tan - The significance of the metabolism of the neurohormone melatonin: Antioxidative protection and formation of bioactive substances, Elsevier - Neuroscience & Biobehavioral Reviews , Outono 1993, volume 17. pg.347-357