

The ingredients of Biosleep® can positively support sleep. The mode of action of Biosleep® is due to the balanced combination of natural and biogenic ingredients that help to reduce tiredness and fatigue as well as contribute to a normal energy metabolism.

Basics:

If sleep is impaired, it may be difficult to fall asleep and/or sleep through the night. Difficulty falling asleep can also be caused by taking stimulants such as coffee, cola drinks and the like. Other factors that can make it difficult to fall asleep quickly are noise, pain, stress and worry. Difficulty sleeping through the night often leads to a lack of extended, continuous periods of sleep. However, many natural solutions exist when it comes to improving sleep, for example, through regular exercise during the day and avoiding light in the evening. In addition, there are certain plants that help promote normal sleep.

Griffonia Simplicifolia:

The seeds of this African plant contain, among other things, a certain amount of 5-hydroxytryptophan. This is a direct precursor of serotonin, which is formed from the essential amino acid tryptophan. Serotonin in turn can be converted into melatonin at night, which can have a positive effect on sleep.

To optimise the metabolism of Griffonia, sufficient amounts of **vitamin B6** are also important. This vitamin is found in almost all animal and plant foods. **Vitamin B6** can contribute to normal energy metabolism and to the reduction of tiredness and fatigue. It can also support normal immune and nervous system function.

Valerian or extracts of the root can be found, for example, in monoproducts, certain drinks, ice cream, baked goods and bath additives. However, it can also be enjoyed in the form of teas. This is an active plant ingredient that can help induce sleep, promote deep sleep and support dreaming. One advantage of valerian is that it does not cause morning exhaustion, but can have anxiety-relieving effects.

Hops, an important ingredient in beer, can also have a calming and sleep-promoting effect. Other plants that are suitable for promoting sleep are peppermint, camomile, lemon balm as well as passion flower. The right combination of these plant substances not only has a sleep-promoting and relaxing effect, but can also support a continuous course of sleep according to the physiological sleep phases.

To increase the bioavailability of various micronutrients, the black pepper extract piperine is helpful.

If the absorption of these nutrients through the diet is not sufficient or there is an increased need, these nutrients can be supplemented through special food supplement.

Ingredients:

One capsule contains:

5-Hydroxytryptophan	50 mg
Vitamin B6	2 mg
Valerian root	100 mg
Peppermint leaves	100 mg
Passion flower extract	50 mg
Chamomile	20 mg
Lemon balm	100 mg
Hop	30 mg
Valerian root extract 4:1	15 mg
Bioperine®	2,5 mg

Other ingredients:

Magnesium Stearate.

The product is vegetarian, gluten-free, lactose-free, not genetically modified.

Capsule shell vegetarian.

Recommended consumption:

In normal cases, 1-2 capsules should be taken about 1 hour before bedtime, but no earlier than 2 hours after the last meal.

Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.

The published information is not a cure and is not intended as a request or suggestion for selfmedication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as “not yet sufficiently proven” by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described herein has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease.

Errors and typographical errors excepted. VBX-1-24

Manufacturer



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