

*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 and contribute to normal energy metabolism.*

### Basics:

If sleep is impaired, it can 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, there are numerous natural solutions when it comes to improving sleep, such as regular exercise during the day and avoiding light in the evening. There are also certain plants that help to 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.

In order 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 the normal function of the immune and nervous systems.

**Valerian** or extracts of the root can be found in mono products, certain drinks, ice cream, baked goods and bath additives, for example. However, it can also be enjoyed in the form of teas. It is an active plant component that can help to induce sleep, promote deep sleep and support dreaming. One advantage of valerian is that it does not cause morning fatigue, can have anxiolytic effects.

**Hops**, an important component of beer, can also have a calming and sleep-promoting effect. Other plants that are suitable for promoting sleep are peppermint, chamomile, lemon balm and passionflower.

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 in accordance with the physiological sleep phases.

The black pepper extract **piperine** is helpful in increasing the bioavailability of various micronutrients.

### 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 self-medication.

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 here 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-1-25

## Ingredients:

### One capsule contains:

Griffonia simplicifolia seed (containing 40 mg 5-hydroxytryptophan)	200 mg
Vitamin B6	2 mg
Valerian root	75 mg
Peppermint leaves	50 mg
Passion flower extract	50 mg
Camomile	20 mg
Lemon balm	50 mg
Hops	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 and not genetically modified.

Capsule shell vegetarian.

### Recommended consumption:

Normally 1-2 capsules should be taken about 1 hour before going to bed, but at the earliest 2 hours after the last meal.

If the intake of these nutrients through the diet is not sufficient or there is an increased need, they can be supplemented with special dietary supplements.

Manufacturer



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