



system

Relax and Sleep

with Melissa and Lavender

*lactose- &
gluten-free*



Essential nutrients and herbal ingredients promoting peacefulness and restorative sleep

Sleep quality has a great influence on well-being, on physical and on mental performances during daytime. Especially in periods of stress, difficulties falling asleep may negatively affect productivity at work, which in turn may result in even more stress.

In order to improve sleep quality and decrease sleeping latency, i.e. the time it takes to fall asleep, it is primordial to break out this vicious circle and to reach a state of inner peace of mind.

It is well-known that a varied diet providing vitamins, minerals and trace elements in the right amounts largely contributes to a balanced mental and emotional health as well as to restorative sleep.

The nutrients that contribute to normal energy-yielding metabolism such as **Vitamins B₁, B₆ and Niacin** are essential for the correct function of the nervous system. **Magnesium and Calcium** are important since they participate in the transmission of nerve impulses. **Magnesium** is also known for its relaxing properties both on muscles, hence its positive effect on cramps and on the psyche.

Melissa and Lavender are the ideal companions of a deep and restorative sleep: these two herbs have been used traditionally to promote sleep in a safe way thanks to their natural, non-addictive calming and anxiolytic properties. **Doppelherz® system Relax and Sleep** combines brain-active vitamins and minerals with best sleep-promoting herbs in a tablet that uses the DEPOT technology: nutrients are embedded in a time-release matrix. Progressive dissolution of the tablet in the intestine releases the nutrients at a rate the organism can better deal with.

Take one tablet Doppelherz® system Relax and Sleep daily in periods of stress or whenever falling asleep has become more difficult, in order to find inner peace, reduce sleep latency and promote restorative sleep.

One tablet contains:

400 mg Magnesium, 120 mg Calcium, 100 mg Melissa leaves extract, 5 mg Lavender oil, 1.1 mg Vitamin B₁, 1.4 mg Vitamin B₆, 16 mg Niacin, 5 µg Vitamin D₃.

Recommendations:

Take one tablet daily in the evening with enough liquid. Do not chew. Do not exceed the stated recommended daily dosage! Food supplements should not be used as a substitute for a varied diet. The product should be stored out of the reach of children.

Not suitable for children.

Do not store above 25 °C.

Energetic value:

1 tablet corresponds to 2 kcal/7 kJ.




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