

BIOGENA SPORTS - Melatonin Sleep Spray



Sleep: An indispensable source of regeneration

Good sleep is an indispensable source of regeneration for us humans. During the night's rest, our body repairs itself by releasing growth hormones and producing new immune cells, the muscles relax, heart rate and blood pressure drop and detoxification runs at full speed. Athletes in particular have a greater need for sleep due to the increased physical strain. Physical exertion also increases the body's own self-healing powers, which play an important role in regeneration and take place more intensively during sleep.


BIOGENA SPORTS Melatonin Sleep Spray is your sports buddy when it comes to optimising nightly regeneration. The melatonin it contains is involved in controlling the day-night rhythm. Ideally, it is produced naturally by the body in the dark. Melatonin serves exclusively as an information carrier to help the body relax into sleep. Therefore, in contrast to commercially available sleeping pills, it works differently and does not anaesthetise. Taken shortly before going to bed, this natural sleep hormone can help shorten the time it takes to fall asleep. The dosage of one milligram of melatonin per spray puff, which is needed for the effect as a natural sleep aid, makes the spray optimally dosable. This means that nothing stands in the way of a refreshed start to an active daily routine - and without any risk of addiction, because there is demonstrably no habituation effect with melatonin.

BIOGENA SPORTS Melatonin Sleep Spray is also ideal for athletes who travel. When travelling across several time zones, melatonin can alleviate the subjective sensation of jet lag - so that body and mind are ready for sporting highs again more quickly.

BIOGENA SPORTS Melatonin Sleep Spray

- Natural sleep aid with anti-jetlag effect
- With 1 mg melatonin per spray (=125 sprays per bottle)
- Proven to have no habituation effect and no risk of dependence
- Consuming 1 mg melatonin shortly before bedtime helps to shorten the time it takes to fall asleep.
- Melatonin helps to alleviate the subjective sensation of jet lag. For this purpose, at least 0.5 mg of melatonin should be taken shortly before bedtime on the first day of travel and on the first days after arrival at the destination.
- With a natural, pleasantly refreshing mint flavour
- Product of the Cologne List®

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BIOGENA
WELCOME TO YOURSELF

Possible applications

- For athletes as a useful contribution to shorten the time it takes to fall asleep
- For athletes who travel across several time zones: As a valuable contribution to alleviating the subjective feeling of jet lag
- Supports the well-being and regeneration of athletes by shortening the time it takes to fall asleep

Bioavailable micronutrients in pure form

- Production according to the pure substance principle
- Gluten-free
- Lactose-free
- 100 % vegan
- hypoallergen
- Tested quality

INGREDIENTS per daily dose	1 spray burst	% NRV*
Melatonin	1 mg	-

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Vegetable oils (coconut, rapeseed), alcohol, melatonin, natural mint flavour.

RECOMMENDED DOSAGE

Spray 1 puff (= 1 mg melatonin) daily into the mouth 30 minutes before bedtime.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

IMPORTANT NOTICE

Do not take at the same time as medicines that promote sleep or contain fluvoxamine or cimetidine.

ADDITIONAL NOTE

Total alcohol content: 10 % vol. corresponding to 0.014 ml alcohol per spray. Due to the alcohol content, consumption is not recommended for pregnant and breastfeeding women, children and people suffering from alcoholism.

PACKAGE SIZE AND CONTENT

17,5 ml (125 sprays)

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version: 23.08.2023.



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