

Amino-Abendtrunk®



With plant extracts, vitamins and minerals for sleep & relaxation

Restful sleep – a great start into the day

A peaceful sleep significantly contributes to our quality of life and general wellbeing. Falling asleep and sleeping through the night is thereby particularly important. Six to eight hours of sleep would be ideal, however, some people can only dream about that. In general, certain patterns of behavior can contribute to restful sleep, including a regular sleep- wake cycle, nicotine-, caffeine- and alcohol- abstinence before going to and comfortable rituals such as reading a good book or enjoying a cup of warm milk. As of late, there is another possibility to support the sleeping experience, namely the Biogena Amino-Abendtrunk®. It contains selected amino acids, micronutrients as well as ashwagandha and hop plant extracts and thus can promote normal sleep.

Amino-Abendtrunk®:

- Ashwagandha root extract supports a normal phase of falling asleep
- Hops contributes to a normal sleep
- Magnesium and vitamin B6 support the normal functioning of the nervous system and the psyche
- Contains the amino acids glycine and L-tryptophan
- Vitamin B6 contributes to normal functioning of the immune system


Possible applications:

- To support the phase of falling asleep
- Nutritional contribution for sleep & relaxation

Bioavailable micronutrients in a pure form

- Only active ingredients
- Free of additives
- No colouring agents, artificial flavourings or covers
- Gluten-free
- Lactose-free
- Hypoallergenic
- 100 % vegan
- Quality tested

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INGREDIENTS per daily dose	5 g	% NRV*
Glycine	3000 mg	-
L-tryptophan	250 mg	-
Ashwagandha extract	50 mg	-
Hops extract	50 mg	-
Magnesium	60 mg	16
Vitamin B6	1.4 mg	100

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

INGREDIENTS

Glycine, maltodextrin, magnesium citrate, L-tryptophan, Ashwagandha extract, hops extract, pyridoxine hydrochloride.

RECOMMENDED DOSAGE

Daily dissolve the content of one stick (5g) in plenty of warm water or milk (125-250 ml) while stirring and drink 30-60 minutes before bedtime.

NOTE

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

IMPORTANT NOTICE

Not to be used during pregnancy or while breastfeeding.

PACKAGE SIZE AND CONTENT

30 sticks (30 daily portions à 5 g), 150 g

Food supplement: The recommended daily dosage should not be exceeded. No 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 17.03.2020.



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WELCOME TO YOURSELF