

WEIDER

GUMMY **up** REVOLUTION



MELATONIN **up**

**SWEET
DREAMS!**

- 1 mg of melatonin per gummy
- Just one gummy a day
- Gluten and sugar free

Sleep is vital to maintaining a proper state of health. Lack of sleep is a problem that affects many people and is in turn closely related to the production of melatonin. Melatonin is produced naturally by the brain during the night and acts as a signal to indicate that it is time to sleep.

Difficulty sleeping is a result of an alteration in the synthesis of melatonin. For example something similar happens with jet lag, when the sleep cycle is altered due to a long trip.

With age, the body loses its ability to synthesize melatonin, which is why older people often have trouble sleeping. Shifting work, regular use of anti-inflammatories and exposure to electromagnetic waves and light emitted by electrical devices are also responsible for alterations in the normal production of melatonin.

Melatonin UP provides 1 mg of high quality melatonin. Melatonin is an effective aid for sleep disorders, reducing the time to fall asleep, regulating sleep cycles, and alleviating jet lag. In addition to reducing the time to fall asleep, taking melatonin also helps improve sleep quality, reducing the number of times you wake up during the night, thus providing a more restful sleep.

Sleep disturbance may result in various health problems such as stress, high cholesterol, high blood pressure, or headaches. Taking melatonin may help if the cause of these problems is due to lack of sleep. Melatonin may also help strengthen defenses in order to achieve restorative sleep.



SUGAR FREE



GLUTEN FREE

In addition to its sleep health benefits, melatonin is known for its antioxidant power and is widely used to combat the effects of aging.

Indulge yourself while you take care of yourself with **Melatonin** Up, the most delicious way to take your dose of melatonin thanks to its delicious 100% sugar free flavor.



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Ingredients: Sweeteners: Maltitol, Sorbitols; Water, Gelatine, Acid: Citric Acid; Coconut Oil, Rapeseed Oil, Glazing Agents: Beeswax, Carnauba Wax; Flavouring, Colour: Brilliant Blue FCF; Melatonin, Vitamin B6.

Directions for use: Take 1 gummy 30 minutes before bedtime.

Packaging: Tin with 60 gummies (60 portions)

Flavour: Blueberry.

Combination: Melatonin UP may be combined with any other product, however it is not recommended to combine with other sleep aid products as the effects could be multiplied.

Nutritional Information Per 1 gummy

Vitamin B6	0,7 mg (50%*)
Melatonin	1 mg

*NRV: Nutrient reference value.



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