



EGAO PRO SLEEP

Food supplement based on melatonin.



Features

Egao Pro Sleep is a food supplement based on melatonin.

Melatonin is the main hormone involved in controlling the sleep-wake cycle. It is synthesized by people to control their circadian rhythms, which are biological cycles that last approximately one day and are responsible for the changes that occur in our body depending on the exposure to light that our receptors capture, and that occurs between day and night.

When melatonin is administered orally, it contributes to the reduction of the time needed to fall asleep, by administering 1 mg of melatonin some time before going to sleep. **Egao Pro Sleep** provides 1 mg of melatonin in 10 drops.

Melatonin levels change throughout our lives and even during the same day, reaching its highest peak around bedtime. Sleep disturbances are a common problem that can negatively affect the emotional and cognitive dimensions, even affecting a person's quality of life, which is why it is important to have good quality sleep.



Ingredients

Glucose syrup, water, stabilizer: glycerin, sweet orange (*citrus aurantium L. var. Dulcis*) e.o., preservative: potassium sorbate, melatonin, acidity regulator: citric acid.

Nutrition Information

NUTRITION INFORMATION

	Per Dose (10 drops)
Melatonin	1 mg

Dosage

Shake the bottle well. Using the enclosed dropper, dispense 10 drops a day nearing bedtime. It may be administered directly into the mouth, in a spoon or diluted with water or other drinks.

Formats

30 ml bottle.