

# Natur Sonno™

## Sublingual Spray FOR A PHYSIOLOGICAL SLEEP

**FAST  
ACTION**



**PRODUCT CLASSIFICATION:**  
*Food Supplement.*

**ACTIVE INGREDIENTS:**

- ◆ Griffonia **3 mg**
- ◆ Melatonin **1 mg**
- ◆ Passionflower **10 mg**
- ◆ Valerian **5 mg**

**INDICATION:** *in all sleep disorders, in particular for difficulty in falling asleep, night awakenings related to anxious states.*

**HOW TO USE:** *4-6 sprays per day, 30 minutes before going to sleep.*

**PACKAGING:** *Flacon of 30 ml with a dosing pump inserted in a fold box with leaflet.*

### **GRIFFONIA:**

*Thanks to its ability to stimulate the production of serotonin, it improves the mood alterations, and anxiety which are the main factors of sleep disorders.*

### **MELATONIN:**

*This physiological product controls directly the sleep-wake cycles. It usually decreases after 40 years of age.*

### **PASSIONFLOWER:**

*It is a plant with particular relaxing properties useful in case of stress and sleeplessness. It has a calming effect on both the central nervous system and sleep centres.*

### **VALERIAN:**

*This ingredient is active on the central nervous system inducing sleepiness, reducing the time to fall asleep, improving sleep quality, primarily in the first part of the night.*