# **MARVIT**®

# Sonno-Più®

# **HEALTHY SLEEP**

IN ALL TYPES OF SLEEP DISORDERS.
NO SIDE EFFECTS, NO DEPENDENCE,
NO ADDICTION, NO COGNITIVE ALTERATION.



#### PRODUCT CLASSIFICATION:

Food Supplement.

#### **ACTIVE INGREDIENTS:**

- Melatonin 1 mg
- Griffonia 3 mg
- Valerian 5 mg
- Passionflower 10 mg
- Vitamin B6 0.21 mg

#### **INDICATION:**

In all types of sleep disorders.

#### **HOW TO USE:**

1-2 tablets a day 60-90 minutes before going to sleep.

#### **PACKAGING:**

2 blister da 15 tablets each, inserted in a fold box with leaflet.

## **MELATONIN:**

It is a physiological product which controls directly the sleep-wake cycles. It usually decreases after 40 years of age.

## **GRIFFONIA:**

Thanks to its capacity to produce serotonin, it improves the mood alterations and anxious states which are the main factors of sleep disorders.

#### **VALERIAN:**

It has neuro-tonic and calming properties on the central nervous system playing anxiolytic and sedative activities.

## **PASSIONFLOWER:**

It has sedative and anxiolytic properties particularly useful for disorders related to nervous system, fatigue, stress, anxiety.

## **VITAMIN B6:**

It contributes to the conversion of Tryptophan in Serotonin; for this reason, it is particularly suitable, in association with Griffonia, in presence of anxiety and sleeplessness.

