

# VALENS®

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## MELATONIN

Range of products with melatonin for a good night sleep

# VALENS GOOD NIGHT

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- **Oral sprays, containing a combination of melatonin and vitamin B6 / melatonin and passion flower and lemon balm extracts.**
- **Indications:**
  - improves **sleep quality**,
  - supports **normal sleep patterns**,
  - alleviates symptoms of **jet lag**,
  - reduces symptoms of **cyrcadian rhythm disorders**.

# ACTIVE INGREDIENTS AND DOSING

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## In recommended daily dose (1 spray):

- Melatonin: 1 mg
- Passion flower extract (*Passiflora incarnata*): 1.94 mg (DER 5.9:1),
- Lemon balm extract (*Melissa officinalis*): 1,69 mg (DER 5.9:1)

- Melatonin: 1 mg
- Vitamin B6: 1.4 mg (100 % NRV)

Packaging options:  
**25 ml PET oral spray bottle**



# VALENS MELATONIN

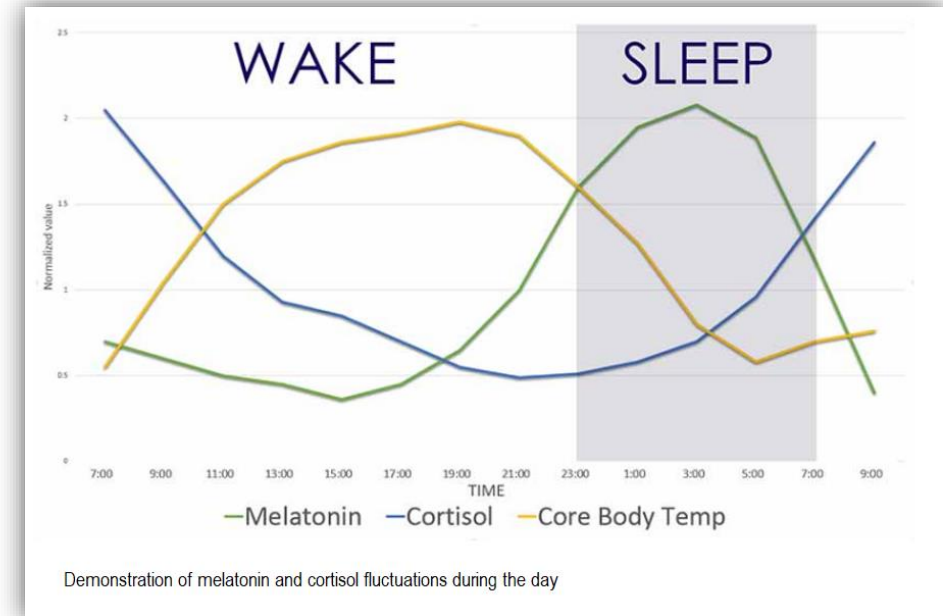
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- Dietary (food) supplement in the form of an oral spray for faster start of the absorption in the oral cavity, faster and easier application and customization of dosings according to one's needs
- Helps improve **sleep quality**, support **normal sleep patterns**, alleviate symptoms of **jet lag** and reduce symptoms of **circadian rhythm disorders**
- Quality and clinically proven raw materials
- Alcohol- and sugar-free; contains xylitol, which makes it suitable for use prior to sleep
- Suitable for vegans
- Made in Slovenia, EU
- Quality certificates: GMP standard for food supplements

# ABOUT MELATONIN

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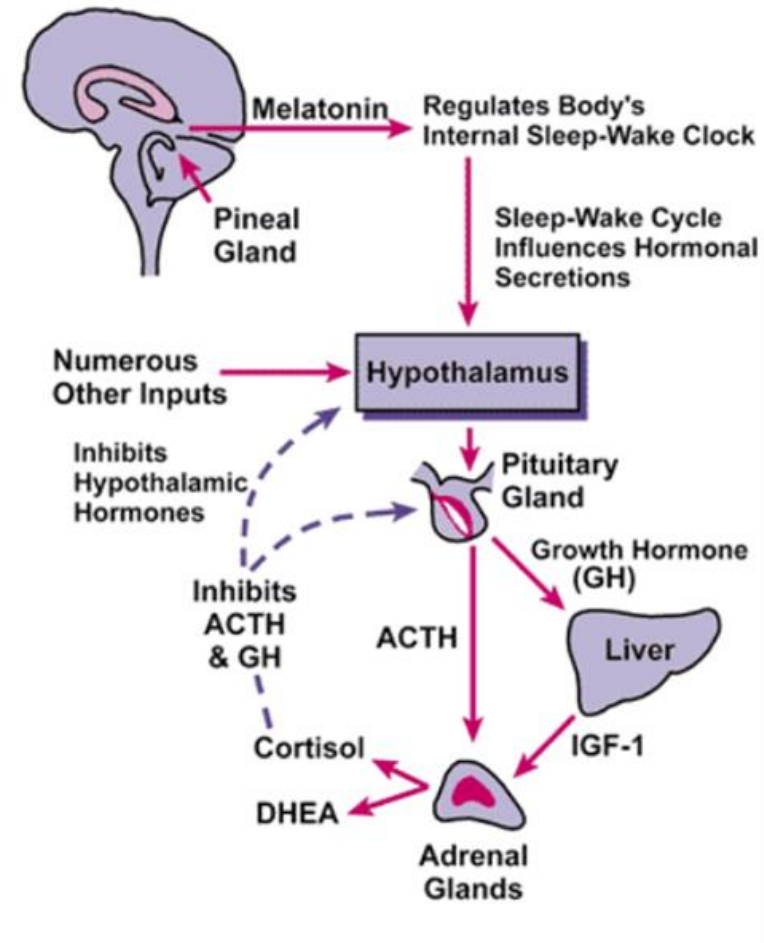
- **Hormone** produced in the pineal gland (center of the brain), formed from the amino acid **tryptophan**.
- It controls the 24-hour (**circadian**) rhythm of physiological processes in the body in accordance with the change of light and darkness: it **coordinates the biological clock**, which regulates the sleep-wake cycle.
- Lowers body temperature - helps speed up sleep.



# ABOUT MELATONIN

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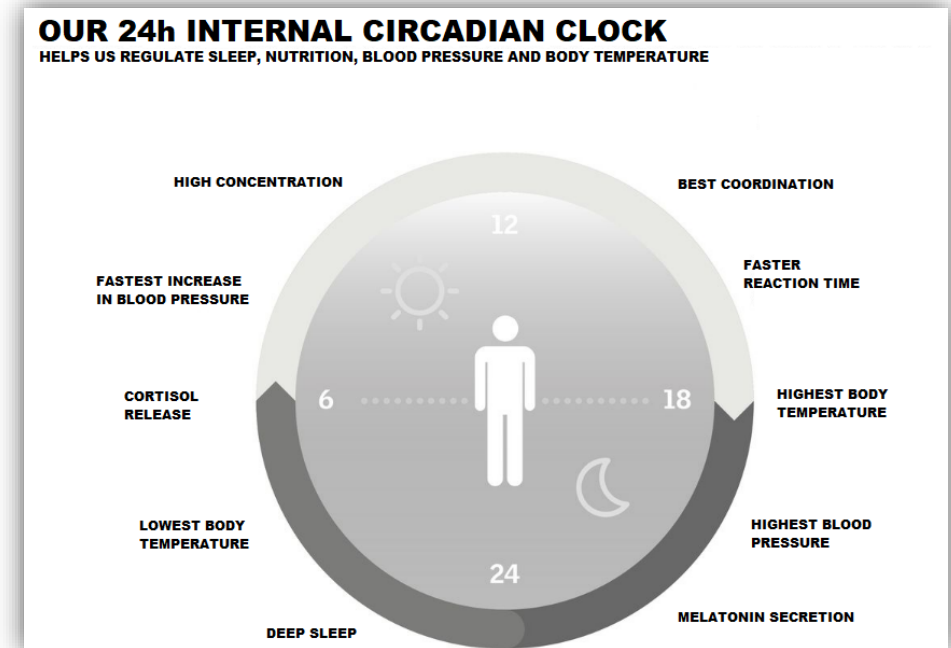
- A powerful **antioxidant**.
- Melatonin secretion is disturbed by: stress, smoking, travel, night work, old age and other sleep disorders.
- Melatonin interacts with other hormones and therefore affects mood, sexual behavior, immune system, body temperature regulation, blood pressure.



# „NIGHT HORMONE“

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- Light inhibits formation, darkness stimulates it.
- Excretion begins as soon as it begins to darken.
- Max. amount is reached between **2-4 o'clock** in the morning, in the second half of the night the quantity decreases.
- Children have the highest plasma concentration of melatonin, **elderly have the lowest**.
- Minimal blood melatonin concentrations during the day.
- Plasma concentration between humans varies, e.g. **interindividual variability**.



# MELATONIN SUPPLEMENTATION

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- Adjusts internal clock and effects wake-sleep cycle.
- **Contributes to the reduction of time taken to fall asleep and improves the quality of sleep.**
- Helps with insomnia, delayed sleep phase syndrome, shift-work disorder and other circadian rhythm disorders.
- Helps people establish a day and night cycle.
- Influences alleviation of **jet lag** symptoms.



- Dosing and the effectiveness of melatonin depends on the natural levels of melatonin in the body and the sensitivity of melatonin receptors, which vary between individuals.
- With age, the sensitivity of melatonin receptors decreases.



# SAFETY PROFILE AND DOSING

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- Melatonin has a relatively **favorable safety profile**, but should be taken **only occasionally** on account of the absence of long-term safety data and its significant effect on other physiological functions.
- Side effects are mild, short-lived and easily manageable: fatigue, mood, psychomotor and neurocognitive functions.
- Melatonin supplements are available in a wide range of dosages, mostly from **1-10 mg**.
- Lower dosages (1 mg) are **sufficient to stimulate sleep** and **affect the circadian rhythm** without causing side effects.
- Supplementation and dosing varies efficacy varies.

# VALENS GOOD NIGHT

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- Contains 1 mg of melatonin
- Other ingredients: lemon balm extract helps reduce **restlessness** and **tension** and helps improve **sleep**, while passion fruit helps to **relax and calm down**.
- Excellent blackcurrant flavor





A GOOD LAUGH AND A  
LONG SLEEP ARE THE  
TWO BEST CURES FOR ANYTHING

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Thank you for your  
attention!