

PATIENT INFORMATION LEAFLET

Relaxan dreams film-coated tablets dietary supplement

Promotes relaxation and a healthy sleep cycle

Supplement facts

Serving size: 1 film-coated tablet

One film-coated tablet contains:

Active ingredients: 1 mg melatonin, 125 mg Valerian root extract (*Valeriana officinalis*), 80 mg Passion flower extract (*Passiflora incarnata*), 50 mg Lemon balm leaf extract (*Melissa officinalis*), 50 mg hops extract (*Humulus lupulus L*), 50 mg Magnesium (as magnesium oxide) and 4 mg vitamine B6.

Other ingredients: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, colloidal silicon dioxide, talc, magnesium stearate.

Film: Opadry II yellow.

What is Relaxan dreams and what is recommended for?

Relaxan dreams is a dietary supplement for regulation of sleeplessness and improving sleep quality. Relaxan dreams is effective combination of herbal extracts (enriched with vitamin B6 and magnesium) and hormone melatonin that works by promoting a sense of calmness and relaxation, facilitates falling asleep, reduces number of nighttime awakenings and improves quality of sleep.

What are active ingredients in Relaxan dreams?

Melatonin

Melatonin is a neurohormone produced by the pineal glands in the brain, mainly at night. It prepares the body for sleep and is sometimes called the "hormone of sleep". As a supplement, melatonin promotes restful, normal sleep, helps to regulate sleep rhythm. Also melatonin contributes to the alleviation of subjective feelings of jet lag and reduction of the time taken to fall asleep.

Valerian root extract (*Valeriana officinalis*)

Valerian is among the best-studied herbs for sleep and sleep problems. Scientific studies have found that valerian helps to improve sleep. Research shows that valerian can help people fall asleep more quickly, improve the quality of sleep, and increase amounts of nightly sleep. Valerian can also help ease the symptoms of insomnia, which are: difficulty falling asleep, trouble staying asleep and waking very early. As well, valerian can help alleviate restlessness and anxiety. It contributes to optimal relaxation and its maintenance.

Passionflower extract (*Passiflora incarnata*)

Passionflower helps to establish calmness and fall asleep. It also helps calming down after an argument or excitement. In combination with vitamin B6 and magnesium it has a beneficial effect on the cells of nervous system and helps dealing with nervous tension, stress, irritability and anxiety.

Melissa leaf extract (*Melissa officinalis*)

Melissa leaf extract (*Melissa officinalis*), also known as lemon balm, has traditionally been used to improve mood and cognitive function. The melissa leaf has an antioxidant effect, also soothes symptoms of stress, helps to relax, and boosts overall mood. Combining melissa with valerian may help relieve restlessness and sleep disorders such as insomnia.

Hops (*Humulus lupulus L*)

Hops taken in combination with valerian extract and passionflower extract increases total sleep time, decreases the number of nighttime awakenings and reduces the amount of time it takes to fall asleep.

Magnesium

Magnesium is essential in maintaining the health and normal functioning of the neuromuscular system. Magnesium relaxes the muscles and reduces irritability. It is known as the anti-stress mineral, considering that stress increase magnesium requirements.

Vitamin B6

Vitamin B6 is important for normal brain and nerve function. Vitamin B6 is involved in many aspects of metabolism, and in the utilization of magnesium. Vitamin B6 has a positive impact on the mood and sleep patterns because it helps the body produce serotonin, melatonin and norepinephrine, a stress hormone. The combination of magnesium and vitamin B6 has a beneficial effects on reducing feelings of tiredness and fatigue, and encourages relaxation and rest.

Relaxan dreams is especially recommended in case of:

- ❖ sleeplessness and sleep disturbances
- ❖ nighttime awakenings
- ❖ jet lag syndorme

Directions for use:

1-2 film-coated tablets per day, with fluid, half an hour before bedtime. Do not exceed recommended daily dose.

Dietary supplements are not a substitute or replacement for a balanced diet. It is important to adhere to a balanced and varied diet and a healthy lifestyle.

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Caution

It is not recommended to use **RELAXAN dreams** concomitant with alcohol, narcotics, barbiturates, benzodiazepines and opioid agents. Melatonin in some individuals may cause daytime sleepiness after awakening as a side effect, but rarely.

There are no known side effects related to the use of herbal active substances when taken as recommended.

There is no maximum length of time over which **RELAXAN dreams** may be used.

Discontinuation of the use does not cause the occurrence of abstinence syndrome (a group of physical or mental symptoms that may occur a set in discontinuation or dosage reduction of some types of medications and recreational drugs).

Restrictions for use:

RELAXAN dreams should not use people hypersensitive to any of its ingredients, who have or may have liver impairment, children under 14 years, pregnant or lactating women. It is not recommended to drive or handle potentially dangerous machinery after taking **RELAXAN dreams**.

Batch number and expiry date: Printed on packaging. Do not use this product after expiration date.

Package: 30 film-coated tablets in a blister pack, in a box.

Storage instructions: Store in a cool, dry place. Keep out of reach of children.

Shelf life: 3 years. Printed on packaging.

Date and number of authorisation:

Authorisation holder:

Manufactured by:

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Country of origin: Bosnia and Herzegovina

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