

Matricaria chamomilla also known as German chamomile, is a member of a very wide range of different species belonging to Asteraceae family. Chamomile originated from Europe and western Asia, and is also found in Australia and North America. This species is the most commonly used for medicinal purposes. It is listed as an official drug in the pharmacopeias of 26 countries, including Germany, Belgium, France, and the United Kingdom; and is mentioned in the monographs of the German Commission E, European Scientific Cooperative on Phytotherapy (ESCOP), and World Health Organization (Ross, 2008; WHO, 1999).

Chamomile flower extract from EUROPE

SLEEP TIGHT

ACTIONS

- 1 Reduces the time to fall asleep
- 2 Helps to maintain a healthy sleep
- 3 Reduces fatigue.

EUROPEAN CLAIMS

CHAMOMILE / LEMON BALM

Help to maintain a healthy sleep. Contribute to optimal relaxation.

MAGNESIUM / VITAMIN B6

Contributes to the reduction of tiredness and fatigue.

MELATONIN

Contributes to the reduction of time taken to fall asleep.

Clinical studies can only be used in non E.U. market countries. For European claims, please see reverse.

EFSA's panel has concluded that a cause and effect relationship has been established between the consumption of melatonin and reduction of sleep onset latency. This was based on 3 meta-analyses.

To contribute to the reduction of time taken to fall asleep, it is required to consume 1 mg of melatonin close to bedtime.

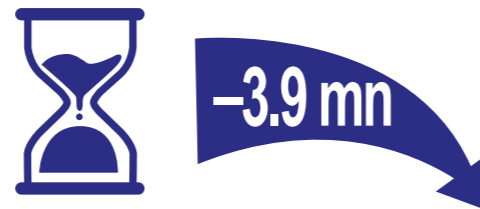
Several meta-analyses were used to validate the claim. One of them is : Buscemi N, Vandermeer B, Pandya R, et al. 2004 Nov. Rockville (MD): Agency for Healthcare Research and Quality (US).

The meta-analysis grouped 20 clinical studies with 431 subjects and analyzed the corresponding results.

The sleep onset latency was defined as the amount of time between the subject laying down to sleep and the onset of stage one sleep.

An estimated mean reduction in sleep onset latency of 3.9 min was observed with 95% confidence interval.

Sleep onset latency



weighted mean difference (WMD)

Available data on the sleep-promoting effects of modest increases in melatonin concentrations suggest that the hormone may have a physiological role in sleep initiation and maintenance. The present meta-analysis implies that exogenous melatonin may have some utility in situations of nocturnal melatonin deficiency or abnormal melatonin secretion patterns.

Natural lemon-chamomile flavour



■ PC02452

ACTIVES	For 1 dose per day (5g)
Camomilla flower dry extract (Matricaria chamomilla L.)	200 mg
Of which apigenine	2 mg
Melissa leaves extract (Melissa officinalis L.)	80 mg
Magnesium (from : magnesium citrate)	56* mg
Vitamin B6 (from : pyridoxine chlorhydrate)	0,2* mg
Melatonin	1 mg

*15 % NRV (Nutrient Reference Values)



Add 5g of powder to 100mL of cool or warm water. Take one stick per day, before bedtime.

This food supplement is suitable to a vegan diet. However, we do not guarantee the absence of cross contamination with several animal derived products.