



- Sleep disorders
- Anxiety
- Mood stabilization
- Mental wellbeing

Food Supplement



MADE IN ITALY



# INSOMNIA AND ANXIETY

## DESCRIPTION

Sleedian is a food supplement composed by Ziziphus jujuba, Melissa officinalis dry, Valeriana officinalis dry, Griffonia simplicifolia dry and Melatonin. Through the normalization of the sleep cycle, it encourages relaxation and a regular mood, thus supporting a normal psychological wellbeing.

## DOSAGE

It is recommended to administer 15 drops a day before bedtime.

## THERAPEUTIC INDICATIONS

- Insomnia
- Anxious states
- Stress and nervousness
- Sleep-wake cycle regulation
- Jetlag
- Delayed sleep phase syndrome
- Behavioural sleep disorder in Rem phase

## PRESENTATION

One box containing one 10 ml bottle.

## INGREDIENTS

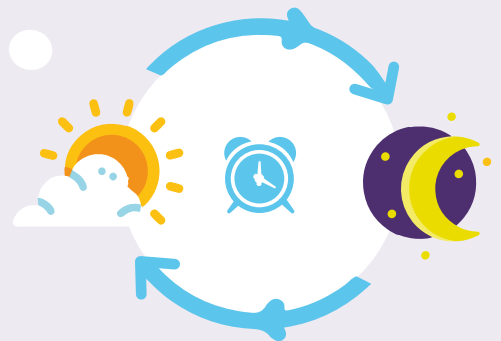
Ziziphus jujuba (jujubosidi), Melissa officinalis dry (Rosmarinic acid), Valeriana officinalis dry (Valerenic acid), Griffonia simplicifolia dry and Melatonin.

## PLUS



### Natural components

Thanks to its composition, Sleedian provides a natural action to stabilize the sleep cycle.



#### Ziziphus jujube:

sedative activity, helps in anxiety reduction

#### Melissa:

antispasmodic and sedative properties, provides a myorelaxant action

#### Griffonia:

mood, sleep, and appetite regulator

#### Valeriana:

with sedative properties, improves the sleep quality

#### Melatonin:

supports the regularity of the biological clock

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