

**COMPOSITION:** 1 capsule contains: *active ingredients:*

**valerian extract (*Valeriana officinalis*) - 75 mg,**

**L-theanine - 50 mg,**

**melatoninum - 2 mg;**

*excipients: filling agents:* calcium stearate, silica dioxide (aerosil), microcrystalline cellulose; *capsule shell:* gelatin.

**NUTRITIONAL AND ENERGY VALUE (CALORIC VALUE) FOR DAILY INTAKE (2 CAPSULES OR 500 mg):** proteins - 0.135 g, carbohydrates - 0.0099 g, fats - 0 g; 0.5796 kcal/ 2.4246 kJ.

**RECOMMENDATIONS FOR USE:** SONOMEDIN<sup>®</sup> is recommended as an additional source of biologically active substances of herbal origin and amino acids to improve sleep onset, quality and duration of sleep. It contributes to easy sleep onset, physiologically regulates circadian rhythms, including in long travels, and relieves the negative effects of daily stress. It does not cause drug tolerance or heavy awakening.

**METHOD OF ADMINISTRATION AND RECOMMENDED DAILY DOSE:** adults should take 1-2 capsules daily 30-60 minutes before bedtime. The treatment course is 2 to 4 weeks.

**Medical advice is recommended before taking the product.**

**CONTRAINDICATIONS:** pregnancy, breastfeeding, individual hypersensitivity to the ingredients, pediatric use, autoimmune diseases, lymphogranulomatosis, leukemia, lymphoma, myeloma, epilepsy.

**Do not exceed the stated recommended quantity for daily intake.**

**Should not be used as a substitute for a balanced diet.**

**PHARMACEUTICAL FORM:** capsules with the contents weight of 250 mg  $\pm$  7.5 %.

**STORAGE CONDITIONS:** store in the original package at temperatures below 25°C, in a dry place protected from light and out of reach of children.

**MANUFACTURING DATE:** see the manufacturing date on the package.

**SHELF LIFE:** 24 months from the manufacturing date.

**MANUFACTURING BATCH NUMBER:** specified on the package.

For more information, please  
contact us on +380 44 454 01 00  
or visit [www.nutrimed.ua](http://www.nutrimed.ua)

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