

Melatonin 5 mg Capsules

美國 松果腺 褪黑激素丸

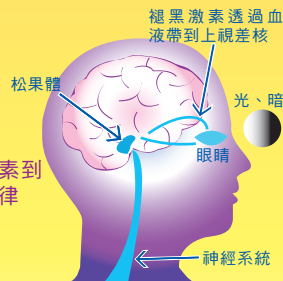


能令您的身體生理時鐘減緩，自然調節睡眠，安然入睡。

每粒美國雪碧蘭「松果腺」褪黑激素丸含松果腺素 (MELATONIN) 5毫克，美國雪碧蘭「松果腺」褪黑激素丸採用合成化合物的褪黑激素不是藥物，它與人體腦部中心松果體 (PINEAL GLAND) 產生分泌荷爾蒙松果腺功能一樣。據研究結果証明人類隨年齡增長，身體內機能衰退，常難以入睡，心情煩燥，或因工作時間日夜顛倒而引致失眠。對長途飛行旅途時差引起睡眠不適，每日只需服一粒美國雪碧蘭「松果腺」褪黑激素丸就能改善睡眠質素，能令你迅速入睡，幫助恢復生理時差造成之疲累現象，讓您醒來時容光煥發。本品不含西藥不會至上癮，頭漲，頭暈等不良副作用。

褪黑激素幫助人調節晝夜節奏

1. 光暗透過眼球內的視網膜，經過神經系統，將光暗訊息傳遞給松果體
2. 松果體調節褪黑激素的分泌，血液將激素帶上視差核，這個神經核負責控制晝夜節律
3. 白天褪黑激素低，人不會渴睡；黑夜時，激素增高，人便有睡意



褪黑激素對人體的功用	
功用	備註
能調節乘搭飛機時引起時差、不適。	份量宜按服用者的體重酌量增減。
長期失眠需服安眠藥的人，服用褪黑激素易入睡。	沒有安眠藥的副作用。
對輪值工作人士，調節晝夜節律，可提高工作效力。	輪值時間表應編排合宜。
幫助老人家容易入睡。	

包裝： 每盒24及60粒排庄。

建議服法： 每日宜於睡前一小時服用一粒，已完全足夠廿四小時所需。或請教營養師指示。

注意： 孕婦及小孩一般無需服用，或可請教醫生指示。服用後切勿飲酒，駕駛機動車輛，或使用電動工具。

儲存：存放於25°C 乾爽處，避免陽光直射。不要讓兒童接觸到的地方。

本產品符合美國食品及藥物管理局 (FDA) 認證及優良生產規範 (GMP) 藥廠製造



出品： 美國歐納天然健康食品 (GMP) 大藥廠製造

總代理： 永裕 (香港) 貿易有限公司

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「雪碧蘭」Sbella® 註冊商標編號06759

中文譯本只供參考

Supplement Facts

	Serving per container: 24	
	Amount per Serving	% Daily Value
Melatonin (N-Acetyl-5-Methoxy-Tryptamine)	5 mg	*

* Daily Value Not Established

OTHER INGREDIENTS:

Modified Cellulose, Gelatin, Vegetable Stearates, Silicon Dioxide

SBELLA® MELATONIN CAPSULE is a hormone secreted by the pineal gland located in the brain. It is produced during periods of darkness. Until recently, its role in human health was not well understood. However, numerous worldwide studies have now revealed varying uses for melatonin which may have wide-ranging benefits.

SBELLA® MELATONIN CAPSULE is a natural sleep inducer typically produced by the body's own pineal gland in nocturnal hours only.

WHO TAKE MELATONIN?

- ✓ The elderly (natural melatonin production decreases with age)
- ✓ Millions who want to naturally regulated their sleep wake cycles.
- ✓ Business traveler, to get over jet lag fast.
- ✓ Vacationers who do not want waste one precious moment.
- ✓ Shift workers.

RECOVER FROM JET LAG QUICKLY

Grossing multiple time zones in a short period of time is a fact of life for many people today. However, air travel can cause a phenomenon known as circadian dysrhythmia or "jet lag" characterized by fatigue, disturbed sleep patterns. Impaired concentration and various other symptoms, jet lag usually requires twenty-four to forty-eight hours before the body adjusts to local time. It is also thought that effects of jet lag can be diminished by gradually adjusting sleep patterns to the destination time a few days before departure, eating a high protein, low calorie diet and avoiding alcohol while in flight.

Suggested usage: take 1 capsule 1 hour before bedtime or consult a nutritionist.

CAUTION: Pregnant or lactating women and persons using prescription drugs should consult their physician prior to using this product. Do not exceed recommending dosage or give to children.

Packing: Box of 24, 60 blister pack capsules.

Storage: Store below 25°C, keep out of reach of children.

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