

justsleep®

Film-coated tablets for a shorter onset of sleep
and for a restful and relaxed sleep
Food supplement with melatonin, valerian extract
and hops extract

Many individuals have sleep disorders. As many as a third of the population suffers from regular sleep disorders. In fact, more than 10% of adults complain of severe sleep disorders. The consequences of sleep disorders are manifold. They usually exert a negative impact on a person's wellbeing and physical performance. If left untreated, sleep disorders may cause significant physical and psychological symptoms. The common causes of these are nervousness and agitation. Therefore, a food supplement with a calming effect that reduces nervousness and aids the process of falling asleep will help to alleviate sleep disorders.

What does one pack of justsleep® contain?

One pack of justsleep® contains 30 shining white film-coated tablets.

How does justsleep® act?

justsleep® is an innovative food supplement containing 3 specific active substances for use in persons with sleep disorders.

Through this combination of ingredients justsleep® helps persons who have difficulties falling asleep and contributes to a restful and relaxed sleep.

Melatonin is a natural substance produced by the body. It regulates the day-night rhythm of our body. In the course of life the body produces lesser quantities of melatonin and this may disturb the customary sleep rhythm of the body. As a result, the period of falling asleep may be prolonged and one may experience frequent bouts of waking up at night. Melatonin helps to shorten the onset of sleep, as confirmed by a scientific committee of the European Food Safety Authority (EFSA).

Valerian and hops extract are traditional and known vegetable extracts which contribute to a healthy and natural sleep. Additionally, valerian and hops assist the onset of sleep and sleeping through the night. Valerian and hops also reduce tension, agitation, and nervousness. The medicinal substances derived from the valerian root have a calming effect by contributing to the formation of adenosine, which is one of the primary messenger substances with a calming effect, and thus protect nerves from being overloaded.

What is justsleep® used for?

justsleep® helps to shorten the onset of sleep and contributes to a restful and relaxed sleep. Additionally, justsleep® reduces nervousness, tension, and agitation.

How should justsleep® be used?

Adults and children older than 12 years: Take 1 film-coated tablet with sufficient water about 30 minutes before going to sleep.

Do not exceed the recommended daily dose.

In some patients the intake of the first tablet leads to the desired result; others may need to take several doses.

Is justsleep® tolerated well?

justsleep® has few side effects. It may cause transient headaches or mild gastrointestinal symptoms. There is no risk of addiction or dependence.

No interactions have been observed with other tranquilizers or sleeping pills. However, avoid the simultaneous intake of substances for this or similar indications. Do not consume excessive quantities of alcohol when taking justsleep®.

Overdosage

The intake of valerian root in a dose of more than 20 g (which equals more than 10 film-coated tablets of justsleep®) led to the following symptoms in one isolated case: fatigue, abdominal cramps, tightness in the chest, a feeling of emptiness in the head, tremor of the hands, and dilation of the pupils. These symptoms subsided after 24 hours. No specific measures are known for the treatment of side effects; symptomatic treatment is used.

Caution: This food supplement may impair reaction abilities and driving fitness in isolated cases.

When should justsleep® not be taken?

Do not use justsleep®

- If you are hypersensitive to any ingredient of justsleep®
- Children below the age of 12 years
- As no data exist about the use of justsleep® during pregnancy or breast-feeding, it should not be taken it during pregnancy or breast-feeding

What does justsleep® contain?

Composition of one tablet:

Bulking agents: calcium carbonate, microcrystalline cellulose; Valerian d.e. (*Valeriana officinalis* L., root) 200mg; Hop d.e. (*Humulus lupulus* L., flower) 200mg; Glazing agents: calcium carbonate, hydroxypropyl methylcellulose, isomalt, shellac, polyvinylpyrrolidone; Anticaking agents: cross-linked sodium carboxymethylcellulose, silicon dioxide, magnesium salt of fatty acid, mono- and diglycerides of fatty acid; Medium chain triglycerides; Melatonin 1mg; Flavor.

Free from sugar, gluten, lactose and egg white.

How should justsleep® be stored?

Keep out of reach of children. Keep in the original package, in a dry place, and protect from direct sunlight. Do not store at more than 25° C.

This product can be used until the date mentioned on the package (last day of the given month).

Where is justsleep® available?

justsleep® film-coated tablets are only available in pharmacies.

A food supplement should not be used as a substitute for a varied and balanced diet or a healthy lifestyle.

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Marketing Authorization

Exclusive Distributor:



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