

Olimp Labs



**Recommended use:** 1 capsule a day, preferably 30 minutes before going to sleep or otherwise after consultation with your physician, drinking with adequate amount of water. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet. A varied and balanced diet and a healthy lifestyle are recommended.

Nutrition information	1 capsule
Lemon balm extract ( <i>Melissa officinalis</i> L.)	200 mg
Hop extract ( <i>Humulus lupulus</i> L.)	120 mg
Ashwagandha extract (KSM-66® <i>Withania somnifera</i> (L.) Dunal) 5% withanolides	50 mg
Melatonin	1 mg
Vitamin B6	2,8 mg (200%*)
Thiamin (vit. B1)	2,2 mg (200%*)
Magnesium (from magnesium citrate and magnesium oxide)	70 mg (18,7%*)

\*NRVs - nutrient reference values.

**FORSEN<sup>TM</sup> Forte with Melatonin** Food supplement in capsules, containing a composition of plant extracts and melatonin with magnesium, vitamin B6 and thiamin. Melatonin contributes to the reduction of time taken to fall asleep, and to the alleviation of subjective feelings of jet lag. Ashwagandha helps to maintain emotional balance and well-being and supports the onset of sleep. Lemon balm has a relaxing and calming effect and supports good sleep. Hop helps promote relaxation and contributes to a healthy sleep. Magnesium and vitamin B6 contribute to a reduction of tiredness and fatigue.

<sup>1</sup>the beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime. <sup>2</sup>the beneficial effect is obtained with a minimum intake of 0,5 mg to be taken close to bedtime on the first day of travel and on the following few days after arrival at the destination.

**FORSEN<sup>TM</sup> Forte with Melatonin**  
 Food supplement  
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**Ingredients:** lemon balm leaf extract (*Melissa officinalis* L.), magnesium salts of citric acid (magnesium citrate), hop cone extract (*Humulus lupulus* L.), magnesium oxide, ashwagandha root extract KSM-66® (*Withania somnifera* (L.) Dunal), bulking agent - microcrystalline cellulose; anti-caking agents - magnesium salts of fatty acids, silicon dioxide; thiamin hydrochloride - thiamin (vit. B1), pyridoxine hydrochloride - vit. B6, melatonin, capsule (gelatine, colour - E 172). **Warning:** the product is not intended for children, adolescents, pregnant and breastfeeding women. Do not use in case of hypersensitivity to any of its ingredients. Do not take while driving or operating machinery. Do not combine with the consumption of alcohol and with medicines, including plant medicines.

30 capsules  
 Food supplement

# FORSEN<sup>TM</sup> Forte with Melatonin

- lemon balm extract ● hop extract
- ashwagandha extract ● vitamin B6 ● thiamin ● magnesium



cl 1

Best before (Exp)/ Lot No.:



**FORSEN<sup>TM</sup> Forte with Melatonin** Food supplement  
 The product is intended for people seeking emotional balance, relaxation and good sleep, as well as for people who change time zones while traveling, to alleviate the effects of jet lag.  
**Best before:** see left side of packaging. Unopened, keep in a dry place, below 25°C. Keep out of reach of children.



30 capsules  
**22,2 g**  
 1 capsule  
**740 mg**