



bio
POCKET

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For Better Sleep

Melatonin is a hormone made by the pineal gland. It helps your body know when it's time to sleep and wake up. Levels usually start to go up in the evening once the sun sets. Our lifestyle choices and circumstances can oftentimes disturb this process causing sleeping problems.

You can use Biopocket Sleep to regulate your sleep cycle.

- + Plant based
- + Triple system with Melatonin, Passion Flower and Valeriana
- + Oral absorption
- + Custom dosage (3-5 sprays)
- + Vitamin B2 for better sleep longterm
- + Perfect for falling asleep at home, hotels and while traveling on aeroplanes.



Ingredients

Valerian (*Valeriana officinalis*) root extract, passionflower (*Passiflora incarnata*) flower extract pyridoxine hydrochloride, vitamin B2 (Riboflavin 5-phosphate, sodium), thiamin hydrochloride, melatonin, sugar syrup, purified water, glycerin, phospholipids from soyabean, orange oil, xanthan gum, potassium sorbate, sodium benzoate.



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