

NEOSPAN^{forte}

FOR TROUBLES FALLING OR STAYING ASLEEP¹

**ADVERTISEMENT ON THE MOST WATCHED TV CHANNELS,
DURING THE MOST WATCHED PROGRAMMES!**



- ★ **More complex ingredients** with more mechanisms of action
- ★ Effective and safe dose of **valerian** – 200 mg in one capsule
- ★ Effect potentiated by **bitter orange (flower)**
- ★ Combination of plant extracts with **magnesium and vitamins**

dietary supplement



Scientifically verified combination of extracts with proven effectiveness.
Extra strong dose of valerian, enriched with magnesium and bitter orange.

This material is intended for healthcare professionals, not for the general public.
Swiss Pharmaceutical Investment has developed and is responsible for this document.

NEOSPAN forte is a natural product with an extra strong dose of valerian (200 mg in 1 capsule) and with bitter orange, for the maximal effect.

The effectiveness of the product is synergistically complemented by vitamins **B1, B2 and B6** for the proper functioning of the nervous system, and magnesium, which contributes to reduction of tiredness and the rate of exhaustion.



NEOSPAN forte positively influences the sleep quality with the following effects and benefits:

- ★ Helps fall asleep¹
- ★ Improve the overall sleep quality²
- ★ Reduces the early awakening^{3,4}
- ★ Supports the natural regeneration of the body
- ★ No annoying side effects (morning lethargy, lassitude, etc.)

* Non-addictive composition (suitable for acute and long-term use)

Nutritional values of the product	in 1 capsule	% RI*
¹ Dried valerian (<i>Valeriana officinalis L.</i>) root	200 mg	not specified
⁴ Dry extract of lemon balm (<i>Melissa officinalis L.</i>) stem and leaves	65 mg	not specified
³ Dry extract of passionflower (<i>Passiflora incarnata L.</i>) flowers	50 mg	not specified
² Dry extract of hop (<i>Humulus lupulus L.</i>) cones	46 mg	not specified
Dry extract of camomile (<i>Matricaria recutita L.</i>) flowers	37 mg	not specified
Oil of bitter orange (<i>Citrus aurantium L.</i>)	5 mg	not specified
Magnesium	57 mg	15 %
Vitamin B6	2 mg	142 %
Vitamin B2	0,6 mg	42 %
Vitamin B1	0,4 mg	36 %

*RI – reference intake



Dried root of valerian (*Valeriana officinalis L.*)



Lemon balm (*Melissa officinalis L.*) stem and leaves dry extract



Passiflora (*Passiflora incarnata L.*) flower dry extract



Hop (*Humulus lupulus L.*) cones dry extract



Camomile (*Matricaria recutita L.*) flower dry extract



Bitter Orange (*Citrus aurantium L.*) oil

Composition:

Dried root of valerian (*Valeriana officinalis L.*), magnesium oxide (magnesium), lemon balm (*Melissa officinalis L.*) stem and leaves dry extract, passionflower (*Passiflora incarnata L.*) flower dry extract, hop (*Humulus lupulus L.*) cones dry extract, camomile (*Matricaria recutita L.*) flower dry extract, bitter orange (*Citrus aurantium L.*) oil, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamine hydrochloride (vitamin B1); filler: maltodextrin, flow agent: silicon dioxide, anti-caking agent: magnesium stearate, capsule: gelatine, colouring agent: titanium dioxide (E 171).

Recommended dosage:

1 capsule half an hour before bedtime. If a stronger effect is needed, it is possible to use up to 2 capsules. To achieve a long-term effect, the capsules should be taken for 2-3 months. Children, pregnant and breastfeeding women can use this product after consultation with their physician or pharmacist.

References:

- Leach, M.J., Page, A.T. Herbal medicine for insomnia: A systematic review and meta-analysis. *Sleep Med Rev.* 24, **2014**:1-12.
- Gromball, J., Beschorner, F., Wantzen, C., Paulsen, U., Burkart, M. Hyperactivity, concentration difficulties and impulsiveness improve during seven weeks' treatment with valerian root and lemon balm extracts in primary school children. *Phytomedicine* 21 (8-9), **2014**:1098-1103.
- Taavoni, S., Ekbatani, N., Kashaniyan, M., Haghani, H. Effect of valerian on sleep quality in postmenopausal women: a randomized placebo-controlled clinical trial. *Menopause.* 18 (9), **2011**:951-955.
- Maroo, N., Hazra, A., Das, T. Efficacy and safety of a polyherbal sedative-hypnotic formulation NSF-3 in primary insomnia in comparison to zolpidem: a randomized controlled trial. *Indian J Pharmacol.* 45 (1), **2013**:34-39.
- Costa, C.A., Cury, T.C., Cassettari, B.O., Takahira, R.K., Florio, J.C., Costa, M. Citrus aurantium L. essential oil exhibits anxiolytic-like activity mediated by 5-HT (1A)-receptors and reduces cholesterol after repeated oral treatment. *BMC Complement Altern Med.* 13, **2013**:42.
- Carvalho-Freitas, M.I., Costa, M. Anxiolytic and sedative effects of extracts and essential oil from Citrus aurantium L. *Biol Pharm Bull.* 25 (12), 2002:1629-1633.