

## Product information RELAX VIDA

**Relax Vida** is a dietary supplement with sleep berry root powder (Ashwagandha), milk protein hydrolysate (Lactium®), L-tryptophan, herbal mix and biotin. The latter contributes to normal functioning of the nervous system and mental function. Net content 38 g.

Relax Vida contains a mixture of various natural herbal substances, the amino acid L-tryptophan and biotin, which contributes to normal functioning of the nervous system and normal mental function. Produced in Switzerland.

### Advantages of Relax Vida

- Relax Vida contains a high quality extract of sleeping berry root
- Contains biotin as a contribution to normal functioning of the nervous system
- Contains hydrolyzed milk proteins in a special form called Lactium®.
- Contains the essential amino acid tryptophan
- Packaged in vegi capsules
- Made in Switzerland

### Recommended dosage

We recommend taking 1 capsule daily with sufficient liquid, preferably in the evening.

### Directions for use

This product is not a substitute for a varied, balanced diet, fresh fruits and vegetables and a healthy lifestyle. Store in a cool, dry place out of the reach of small children. Do not exceed the recommended dosage.

### Minimum shelf life

36 months

### Ingredients

Lactose, vegetable capsule shell (hydroxypropyl methylcellulose), lactic acid bacteria cultures (L. animalis, L. acidophilus, L. bulgaricus, L. lactis, B. bifidum, B. longum, B. lactis), brewer's yeast, milk fermented by lactobacilli, chondroitin sulfate (from fish), cholecalciferol (vitamin D3).

Nutritional values	
Per:	1 capsule
Biotin	15 µg*
L-Tryptophan	120mg

\* = 30% of the nutrient reference values (NRV)

### Net quantity

Net content 38 g. 60 capsules each containing 250 mg sleep berry root powder (Ashwagandha), 150 mg milk protein hydrolysate (Lactium®), 120 mg L-tryptophan, 60 mg herbal mix and 0.2 mg D-biotin.

### Pharmacode CH

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