

For consumer information only

Restosmart[®] 30 ml

Sublingual Spray

(Melatonin 3 mg, Valerian Root Extract 5 mg, GABA 40 mg, Zinc 2 mg, Magnesium 2 mg, Pyridoxine 1.5 mg)

Composition:

Nutritional Information per ml.		% OF RDA
(Approximate Values):		
Energy	0.1 kcal	NA
Carbohydrate	0.025 g	NA
Sugar	0.0 g	NA
Protein	0.0 g	NA
Fat	0.0 g	NA
Melatonin	3 mg	NA
Valerian Root	5 mg	NA
Gamma Aminobutyric Acid	40 mg	NA
Zinc Sulphate	2 mg	11.76
Magnesium Sulphate	2 mg	0.52
Pyridoxine hydrochloride	1.5 mg	62.5
Flavour Base	q.s	NA
Approved colour used.		
% of RDA calculated based on ICMR guideline		

Contains Permitted Class II Preservatives (INS 217 & INS 219).

Contains added Flavour – Nature Identical Flavouring Substance.

Contains Synthetic Food Colour.

Clinical Pharmacology:

Melatonin

Melatonin is a hormone found naturally in the body. Melatonin is most commonly used for insomnia and improving sleep in different conditions. Melatonin's main job in the body is to regulate night and day cycles or sleep-wake cycles.

Valerian Root Extract

This herb has been used since ancient times to promote tranquility and improve sleep. Valerian is most commonly used for sleep disorders, especially the inability to sleep (insomnia). It is also used for anxiety and psychological stress. Valerian acts like a sedative on the brain and nervous system. Valerian has received attention for its interaction with gamma-aminobutyric acid (GABA), a chemical messenger that helps regulate nerve impulses in your brain and nervous system which helps you relax. Valerian root contains a number of compounds that promotes sleep and reduce anxiety. These include valerenic acid, isovaleric acid and a variety of antioxidants.

GABA

The body's own GABA activity is important for sleep. GABA enables the body and mind to relax and fall asleep, and to sleep soundly throughout the night. GABA also plays a role in the healthy functioning of the body's immune and endocrine systems, as well as in the regulation of appetite and metabolism.

Zinc

Zinc catalyzes enzyme activity, contributes to protein structure, and regulates gene expression, cell division, good quality sleep. Consumption of Zinc helps to have less wake-ups in the night. It is an excellent & safe sleep aid; and also has a calming & antidepressant effect. Zinc has shown to improve the vividness of dreams.

Magnesium

Magnesium plays a role in supporting deep, restorative sleep by maintaining healthy levels of GABA, a neurotransmitter that promotes sleep. Magnesium improves your quality of sleep. It plays an important role in your nervous system, helping to activate mechanisms that quiet and calms you. It helps relieve anxiety and depression, which can interfere with sleep. It also helps to Improves subjective majors of insomnia.

Pyridoxine

Vitamin B6 plays an important role in mood regulation. This is partly because this vitamin is necessary for creating neurotransmitters that regulate emotions, including serotonin, dopamine and gamma-aminobutyric acid (GABA). Vitamin B6 may also play a role in decreasing high blood levels of the amino acid homocysteine, which have been linked to

depression and other psychiatric issues. Deficiency of Pyridoxine causes psychological distress & sleep disturbance.

Indications:

1. Insomnia
2. Sleep apnea
3. Parasomnias
4. Restless leg syndrome
5. Narcolepsy

Contraindications:

Do not take if you are pregnant or nursing. Consult your Dietitian prior to use if you have any medical condition.

NOT FOR MEDICINAL USE.

Route of administration: Oral.

Type of formulation: Sublingual Spray.

DIRECTION FOR USE: Recommended use: 6 Spray under the tongue 1 time a day or as directed by the healthcare professional. Hold under the tongue for 20 second prior to swallowing.

Allergen Information/Warning: Do not take if you are pregnant or nursing. Consult your Dietitian prior to use if you have any medical condition.

Keep out of reach of children

Storage:

Store below 25⁰C, in a dry place. Protect from light.

Presentation:

Restosmart Sublingual Spray available as 30 ml bottle.

Marketed By:



EPIONE PHARMACEUTICALS PVT .LTD.

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