



English

## Product Information for the User

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### 1. What is Calm NIGHT® supplement and what is it used for, description of the preparation and properties:

The Calm NIGHT® dietary supplement is a combination of natural plant ingredients and melatonin. Lemon balm and hop cone extracts help maintain a peaceful and healthy sleep. Lemon balm also promotes relaxation and well-being. In addition, the melatonin contained in the product helps to shorten the time it takes to fall asleep\* and helps to alleviate the subjective feeling of jet lag\*\*.

Lemon balm herb extract promotes healthy sleep and promotes good and peaceful rest. It helps reduce tension and helps the body achieve a relaxed and calm state. Hops cone extract has a calming effect and helps maintain restful sleep.

\* The beneficial effect is obtained by consuming 1 mg of melatonin shortly before going to bed.

\*\* The beneficial effect is obtained by consuming 0.5 mg shortly before going to bed on the first day of travel and for a few days after arrival at the destination

### 2. What's in it?

extract of: hops, taproot californite, lemon balm, chamomile, valerian, ashwagandha, lavender, passionflower, hawthorn, crocus, hemp seeds, L-tryptophan, riboflavin, niacinamide, pyridoxine, cobalamin, melatonin, fillers cellulose microcrystalline and fibre de pomme and anti-caking agent magnesium salts of fatty acids.

Based on a daily serving of 2 capsules

Ingredient	2 capsules content will provide	% DRI Dietary Reference
Hop extract /Humulus lupulus extr. DER 10 :1/	150 mg	—
Californian taproot extract /Eschscholzia californica extr. DER 10 : 1/	110 mg	—
Ashwagandha extract /Withania somnifera extr. 7% withanoids/	100 mg	—
Lemon balm extract /Melisa officinalis extr. DER 10 : 1/	100 mg	—
Valerian extract /Valeriana officinalis extr. 0,8% ac. valerique/	100 mg	—
Chamomille extract /Matricaria chamomilla extr. DER 10 : 1/	100 mg	—
Crocus extract/Crocus sativus extr. DER 10 : 1/	60 mg	—
Lavander extract /Lavandula officinalis extr. DER 10 : 1/	40 mg	—
Passionflower extract /Passiflora incarnata L. extr, DER 10 : 1/	40 mg	—
Hawthorn extract /Crataegi fructus extr. DER 10 : 1/	30 mg	—
Hemp seed extract /Cannabis sativa var. sativa extr. CBD/	20 mg	—
L-tryptophane	50 mg	—
Vit B2 riboflavine	2.8 mg	200%
Vit B3 niacinamide	16 mg	100%
Vit B6 pyridoxine	2.8 mg	200%
Vit B12 cobalamine	5 µg	200%
Melatonine	1 mg	—

Halal and kosher approved, vegan – cellulose capsules.

### 3. How to use Calm NIGHT® supplement?

Recommended 2 capsules per day, one hour before going to sleep, to be swallowed whole with water.

### 4. Warnings

This product is intended for adults. Do not exceed the recommended daily intake. Do not use if you are hypersensitive to any of the ingredients. A food supplement is not a substitute for a varied diet. A healthy lifestyle and diet are recommended. Pregnant and breastfeeding women, as well as people taking sedatives, sleeping pills, and antiepileptics, should consult a doctor or pharmacist before taking this product. Do not use for more than 12 weeks. Products containing Passiflora incarnata may cause drowsiness and impair the ability to drive and operate machinery. Best before end date and batch number: see base of pack. Do not use if the seal is broken or missing.

### 5. How to store the product

The product should be stored in its original, tightly closed packaging at room temperature away from heat and sunlight. Store out of reach of children.

### 6. Other information

Available packaging: PET bottle with screw cap, sealed with aluminium foil, containing 60 cellulose capsules. Free from artificial flavours, colours and preservatives.

### 7. Manufacturer and representative in Poland:

SwissCare Pharma® Sp. z o.o.  
ul. Iwaszkiewicza 37,  
82-300 Elbląg, PL  
www.swisscare.one



Reference inserts and certificates available  
at the company headquarters: [www.swisscare.one](http://www.swisscare.one)  
Leaflet preparation date: June 2025

