

# RELAX

Food supplement based on **L-tryptophan and vitamin B6** to stabilise the body.

Helps to **reduce tiredness and fatigue** while contributing to **normal psychological function**.



# INGREDIENTS



## PRESENTATION:

Box with 30 capsules (521 mg).



## L-TRYPTOPHAN

### Mood and sleep regulator

Tryptophan is an essential amino for the human body. By increasing levels in the brain, it stimulates the synthesis and release of the neurotransmitter serotonin, from which it is derived.<sup>1</sup>

Increasing the amount of serotonin in the body helps to improve mood and sleep. It also stimulates the production of the hormone melatonin (a metabolite of tryptophan).

The main physiological function of melatonin, secreted in accordance with the duration of the night, is to transmit information about the cycle of light and darkness to the body's structures on a daily basis. This information is used in the organisation of functions, which respond to changes in the photoperiod such as seasonal rhythms.<sup>2</sup>



## VITAMIN B6

### Co-factor in metabolic and physiological processes

This vitamin is involved in a wide range of metabolic, physiological, and developmental processes. It acts as a coenzyme that catalyses more than 150 enzymes that regulate the metabolism and synthesis of proteins, carbohydrates, lipids, and bioactive metabolites.

At the same time, B6 has antioxidant and anti-inflammatory properties, and modulates immunity and gene expression.

It intervenes in the metabolism of neurotransmitters such as serotonin, improving sleep disturbances and stress.<sup>3</sup>

## INDICATIONS

## RELAX

is recommended for the following cases:

- People who suffer from anxiety or who feel more nervous than usual.
- Those who don't sleep well at night.



# STABILISE YOUR BODY AND MIND. GET BACK TO NORMAL.

*Enjoy the pleasure of  
feeling like yourself again.*



Our reality today presents us with a context of constant and rapid changes, ever-changing social, economic, and environmental conditions, and a climate of uncertainty about the future we are not accustomed to.

As a result, many people experience feelings of anxiety and nervousness, affecting them on a psychophysical level. This prevents us from leading a normal everyday life on account of certain physiological changes, such as problems getting to sleep, alterations of the nervous system (with mood changes, apathy), and a lack of energy.

RELAX by DietClinical, with tryptophan and vitamin B6, helps to stabilise you, so you can feel healthy and regain your vitality once more.

**RECOMMENDATIONS:** Take 1 capsule a day, half an hour before bedtime. This product contains no allergens listed in Annex III to Regulation 1169/2011.

## NUTRITIONAL VALUES

INGREDIENTS	mg/capsule
L-TRYPTOPHAN	400
VITAMIN B6	1,4

1. Fernstrom JD. A Perspective on the Safety of Supplemental Tryptophan Based on Its Metabolic Fates. *J Nutr.* 2016 Dec;146(12):2601S-2608S. doi: 10.3945/jn.115.228643. Epub 2016 Nov 9. PMID: 27934651.

2. Claustrat B, Leston J. Melatonin: Physiological effects in humans. *Neurochirurgie.* 2015 Apr-Jun;61(2-3):77-84. doi: 10.1016/j.neuchi.2015.03.002. Epub 2015 Apr 20. PMID: 25908646.

3. Bird RP. The Emerging Role of Vitamin B6 in Inflammation and Carcinogenesis. *Adv Food Nutr Res.* 2018;83:151-194. doi: 10.1016/bs.afnr.2017.11.004. Epub 2018 Feb 1. PMID: 29477221.