

Consumer Leaflet

Please read this leaflet carefully because it provides important information. Myalgan - the presented hereinafter product - is a dietary supplement, sold in pharmacies and health food shops without prescription, and this presentation does not intend to attribute to it the property of preventing, treating or curing any human disease, or refer to such properties. Exact to Directive 2002/46/EC of the European Parliament and of the Council of 10 June 2002.

Myalgan™

Dietary Supplement

Product composition:

Ingredients:	4 tablets* provide:
Daisy Leaf Extract (<i>Bellis perennis</i>)	280 mg
Grape Leaf Extract (<i>Vitis vinifera</i>)	280 mg
Olive Seed Extract (<i>Olea europea</i>)	280 mg
Pineapple Fruit Extract (<i>Bromelia ananas</i>)	200 mg
l-Tryptophan	200 mg
Taurine	120 mg

Accessory Ingredients: Thickener – Potato Starch, Stabilizer – Cellulose Microcrystalline (E 460), Anti-caking Agent – Silica Dioxide (E 551), Carrier – Magnesium Salts of Fatty Acids (E 470b). * The recommended daily amount.

Recommended usage: Take 1 tablet from two to four times a day between main meals with glass of water. Do not exceed the recommended daily dose. Dietary supplement cannot be used as a substitute for a varied diet. Varied diet and healthy lifestyle are essential for good health.

Active Ingredients:

Myalgan provides 4 natural plant extracts and two amino acids l-tryptophan and taurine. Tryptophan is an essential amino acid that means it must be delivered with food like vitamin. It has positive effect on mood and sleep. Tryptophan is also a precursor of two neurotransmitters (neurohormones) serotonin and melatonin. Tryptophan is also a starting substance for production of niacin (vitamin PP).

Serotonin relays signals between nerve cells (neurons), regulating their intensity. Its plays a major role in mood, anxiety and happiness regulation. Most of the body's serotonin is found in the gastrointestinal tract where it regulates bowel function and movements. Low levels of serotonin have been found in majority of fibromyalgia patients.

Melatonin, hormone that is released by pituitary gland, is responsible for regulation of circadian rhythm – sleep and awake cycle in the body.

Niacin contributes to the regulation of lipid metabolism and the processes of detoxification, energy release, blood vessels dilation, and also helps to improve the condition of the skin and hair.

Taurine is conditionally essential amino-acid. Taurine protects DNA, proteins and lipids from oxidative damage. Taurine consumption may produce a feeling of increased energy and may have positive effect on the nervous system.

Complex of four plant extracts: olives seeds extract, grape leaf extract, daisy leaf extract, pineapple fruit extract that are traditionally used in folk medicine for their soothing and relieving and antinociceptive effect.

Contraindications: Do not use if you are allergic to any of the ingredients.

Remarks: Pregnant or breast feeding women should consult their doctor before use. Product suitable for vegans and vegetarians. Do not use after expiry date shown on the box and if the blister with tablets is broken.

Storage: Store in the original packaging. The product should be stored out of the sight and reach of small children, at room temperature. Protect from direct sunlight and moisture.

Phytomedica Poland, office: 22 Farbiarska Str., 02-862 Warsaw, Poland, <http://fibromyalgia.zone>, <http://myalgan.pl>, phone: +48 22 651 75 40, +48 22 487 14 44

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