



VIOLET LINE



# Dr. Matteo Bertelli's™

## Mind and Sleep

### Dietary Supplement with Melatonin, Silymarin and Flavonoids from Passionflower



VIOLET LINE

# MAGISNAT™

The science behind the natural molecules and the Mediterranean diet



# Mind and Sleep

**Dr. Matteo Bertelli's Mind and Sleep is a dietary supplement based on Melatonin, Silymarin from Milk Thistle and Flavonoids from Passionflower.**



## Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 60

Amount per Serving	% Daily Value
Melatonin	10 mg *
Passion Flower Aerial Parts Extract ( <i>Passiflora incarnata L.</i> )	200 mg *
of which Flavonoids (as Vitexin)	8 mg *
Milk Thistle Fruit Extract ( <i>Silybum marianum</i> )	180 mg *
of which Silymarin	144 mg *

† Percent Daily Value based on a 2,000 calorie diet.  
\* Daily Value not established

## QUALITY AND SAFETY

We analyze **each individual batch**, ensuring the **highest accuracy and safety** of our dietary supplements. The analyses are published on our website, [www.magisnat.com](http://www.magisnat.com), and search for the **batch number corresponding to the one you purchased** to view them.

**What do we check for each production batch?**

- Microbiological Analysis
- Absence of heavy metals
- Absence of pesticides and aflatoxins
- Gluten-free and lactose-free
- Absence of the eight food allergens

This dietary supplement has been manufactured in Italy, **under certified cGMP processes**. **US expert consultants provide a dossier for each production batch.**



# Mind and Sleep

## PROPERTIES



**Supports The Body's Natural Sleep Cycle\***: A combination of melatonin, passionflower flavonoids, and silymarin from milk thistle aims to support a healthy and natural sleep routine.\*



**Antioxidant Properties\***: The bioactive compounds present, such as passionflower extract, actively support the body in neutralizing harmful free radicals, thereby promoting overall health and well-being.\*



**Anti-Inflammatory properties (Reduce Neuroinflammation)\***: Silymarin, recognized for its anti-inflammatory properties, contributes to the reduction of neuroinflammation, potentially providing relief and promoting better neurological health.\*



**Cognitive Function Support\***: Melatonin works to enhance cognitive function, assisting individuals in maintaining mental sharpness and clarity.\*

## OUR APPROACH TO PERSONALIZED DIETARY INTEGRATION

The data from omics tests allows us to understand the real needs by studying the body's key metabolic mechanisms. Our dietary supplements are designed to target these critical areas\*, providing targeted support where your body needs it most.



### **Omics Testing: Discover Your Personalized Report**

Embrace the results of omics tests to discover the secrets of your vulnerabilities and needs.



### **Selection of the Right Dietary Supplement for You**

Choosing a dietary supplement should not be based only on the claims but must also stem from the personalized information of each individual.



### **Monitoring for Excellence**

Only through careful monitoring, made possible by omics tests, you can gain the maximum benefit from the supplements.



### **Science at the Core**

Every formulation is the result of the scientific research conducted by MAGISNAT at the Atlanta Tech Park.



# Mind and Sleep

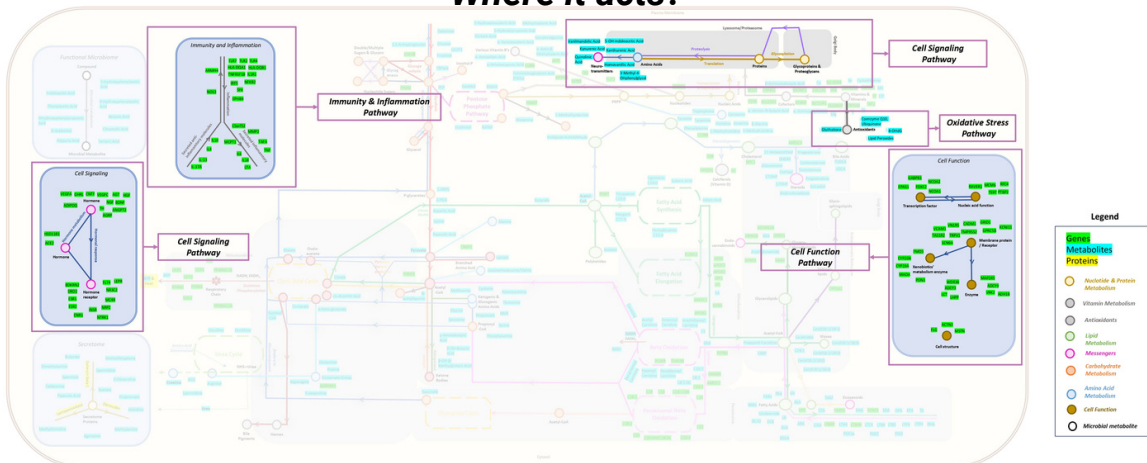
## INTEGRATED APPROACH: OMICS PATHWAY ANALYSIS AND DIETARY SUPPLEMENTS

As first step, MAGISNAT provides OMICS Tests that allow you to identify your specific needs. Moving on to step two, MAGISNAT offers a diverse range of dietary supplements designed to support those specific needs.\* Furthermore, as the third step, MAGISNAT, utilizing OMICS Tests, enables you to continually monitor your metabolism, empowering you to make informed decisions and choose the most suitable dietary supplement for your evolving requirements.



Using advanced omics techniques and our 'OMICS Machine,' MAGISNAT examines human metabolic pathways, identifying deficiencies and vulnerabilities through omics tests. This informs personalized nutritional supplementation based on individual molecular profiles, laying the groundwork for crafting personalized nutritional plans.

### Where it acts?\*



\*Dietary supplements do not possess any therapeutic or preventive properties. These statements have not been evaluated by the Food and Drug Administration. This dietary supplement is not intended to diagnose, treat, cure or prevent any disease.



# Mind and Sleep

## WARNINGS

- This dietary supplement is not to be intended as a substitute for a varied diet and must be used as part of a healthy lifestyle.
- Keep the product out of reach from children under 18 years of age.
- This dietary supplement is not intended to treat insomnia or other sleep disorders. Melatonin may cause drowsiness or sleepiness, do not take when driving or operating heavy machines, or consuming alcohol.
- Do not exceed the recommended daily dose.
- This product should never substitute healthy sleep practice. Consult a physician before using this product if taking medication, have any medical condition, are pregnant or lactating, have an autoimmune condition or depressive disorder. Do not take in cases of known or suspected hypersensitivity or allergy to one or more of its components. If adverse reactions occur, discontinue use. For occasional short-term use only.
- Do not use if the package is not intact and/or after the expiration date. The expiration date refers to the product correctly stored and in unopened packaging.

## STORAGE

- Store at room temperature in a cool and dry place, away from direct light and heat sources. Maximum storage temperature 104°F.
- Do not use if the package is not intact and/or after the expiration date.
- Expiration date refers to a product properly stored and in unopened package.

## DIRECTIONS

- The recommended dose of Dr. Matteo Bertelli's Mind and Sleep for adults is 1 tablet a day 30 minutes before bedtime.
- Maximum dosage: 1 tablet a day in total.
- When using this product, do not exceed the recommended dose.