

# CONTROLLER®



CONTROLLER  
RANGE



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**ALTA**  
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# CONTROLLER SYRUP



QUALITY OF SLEEP

ENERGY LEVELS

## CONTROLLER NATURAL SLEEP SYRUP

**COMPONENTS**  
200mL Syrup

### KEY POINTS

The Controller Natural Syrup preparation will help you to regain quickly a refreshing sleep, without experiencing side effects. Controller Natural Sleep is recommended also to people who do not have problems in their sleep but just want to improve the quality of their sleep to wake up full of energy.

The Controller Natural Syrup preparation contributes to the rebalancing of your biological rhythms. This formula, made of phyto extracts, will help you to fall asleep and maintain a high-quality, refreshing rest, without the risk of habituation or dependence.

### DIRECTIONS FOR USE

1 tablespoon or a 10ml dose at night before going to sleep. For children under 12 years old 1/2 tablespoon or a 5ml dose at night before going to sleep or as directed by your pharmacist or doctor.



# CONTROLLER CAPSULES



QUALITY OF SLEEP

MOOD LEVELS

## CONTROLLER NATURAL SLEEP CAPSULES

### COMPONENTS

30 Tablets / 60 Capsules

### MAIN ACTIVE INGREDIENTS

Vitamin B6, L-Tryptophan, Melatonin (4mg)

### KEY POINTS

CONTROLLER NATURAL SLEEP will help you to regain quickly a refreshing sleep, without side effects. CONTROLLER NATURAL SLEEP is also recommended to people who have mood problems and it can be the underlying cause of not sleeping well.

Melatonin plays a very important role in the regulation of the circadian rhythm of several biological functions. CONTROLLER NATURAL SLEEP capsules compensate for the melatonin that is lost as years go by.

### DIRECTIONS FOR USE

1 to 2 capsules at night before going to sleep with a large glass of water or as directed by your doctor or pharmacist.



## CONTROLLER NATURAL SLEEP AMPOULES

### COMPONENTS

10 Ampoules

### MAIN ACTIVE INGREDIENTS

HTML (extracted from Humulus Lupulus, Tilia Grandifolia, Melissa Officinalis, Lipia Citriodora), Magnesium Citrate & Vitamin B6.

### KEY POINTS

- It is 100% fresh and therefore provides more active sedating properties since the chemical constituents are not altered during processing, storage and distribution.
- No addition or side effect since it is 100% natural.
- A good night and an energizing morning.
- Can be combined with Controller Aromapatch in periods of stress and anxiety.
- Active ingredients are kept fresh in ampoules so it is not necessary to have additives or conservants.

### DIRECTIONS FOR USE

Drink 1 ampoule before going to sleep.

Or during intensive treatment:

Controller Night Sleep ampoules are to be combined with Controller soup and Controller patches or as advised by your physician or pharmacist.

- Store in a cool place.
- Not suitable for women who are pregnant or breast-feeding or children under 12 years without medical advice.



## CONTROLLER AROMAPATCHES

### COMPONENTS

5 Aromapatches

### MAIN ACTIVE INGREDIENTS

Essential oils of: Anthemis Nobilis, Melissa Officinalis, Citrus aurantium Bigarda, Citrus Amara, Boswellia Carterii

### KEY POINTS

- Used in acute conditions of stress.
- Rapid onset of action because of the type of delivery system.
- Can be used regularly or for short periods e.g. during difficult times or of over work.
- As required – in moments particularly difficult emotionally (exams, interviews, overwork...).
- After pregnancy to help avoid post-natal depression.
- In children who are hyperactive.
- Non-sedating and therefore used when a sedative effect is not desired.

### DIRECTIONS FOR USE

Apply one Controller Aromapatch on the clothes every 6-8 hours. Do not apply directly on the skin.

