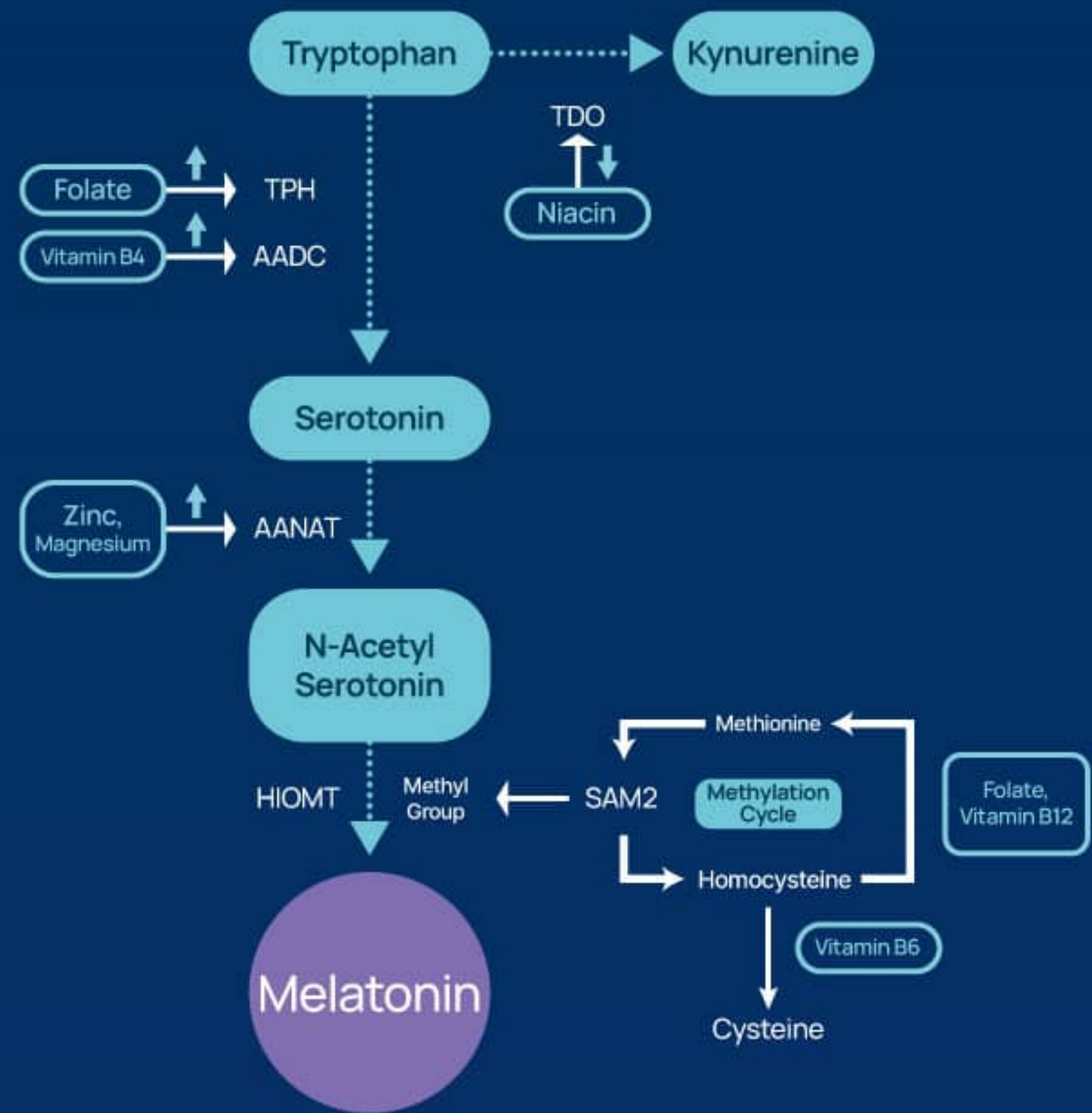





Vitamin B Complex, Zinc, and Magnesium Formulated Considering the Mechanism



Real Reviews from People Who Experienced It Beforehand

- 

★★★★★ mina****
I suffered terribly from insomnia, but after taking this, I slept so well! I'm even maintaining the sleep hygiene guide you sent along. There is definitely a difference between the days I take it and the days I don't.
- 

★★★★★ qkrd****
I ordered again! This is the best among the melatonins I've eaten! I feel so refreshed the next day! It's easy to eat, and since I'm taking this lately, my skin seems to be getting better too!
- 

★★★★★ mont****
I couldn't sleep lately because of frequent overtime, but I finally slept deeply, which is so satisfying! My body feels truly light when I wake up in the morning! It's also a plus that it's convenient to take!



How to Consume?

Starting Dose: Start by taking 2.5mg initially.
Focused Dose: If sleep does not come easily even after taking 2.5mg, you may increase the dose up to 5mg. However, if you experience daytime drowsiness the next day, we recommend reducing the dosage again.

FIRST INNER BEAUTY BRAND
AIBLAB
 AWAKEN YOUR INNER BEAUTY



We believe that each person is endowed with an inherent, unique beauty. At AIBLAB, we utilize the cutting-edge pharmaceutical expertise to awaken and maintain your distinctive beauty in a manner that epitomizes health and vitality

Katri Peunkuri, Nora Sinvola, Ritta Korpela./Nutrition & Metabolism (2012).9(1): Article 59. Dietary factors and fluctuating levels of melatonin. PMID: PMC 3402070. PMID: 22826693



AWAKEN YOUR INNER BEAUTY

AIBLAB has constantly pondered and researched to allow melatonin to exert its best effects within the body.

Instead of simply increasing the content, we completed the optimal formula by focusing on maximizing body absorption and bioavailability.

We have captured both safety and effectiveness for a comfortable night and a refreshing morning.

AIBLAB CEO.
PHARMACIST

Jeehun Oh

What is Melatonin?

Melatonin is a hormone secreted by the pineal gland in the brain, mainly produced actively between 10 PM and 2 AM. As an antioxidant generated in the mitochondria within cells, it spreads throughout the body to act as an antioxidant system, removing active oxygen (ROS) generated by UV rays or external stimuli, and helps prevent skin aging. Additionally, melatonin performs various functions such as strengthening immunity, protecting nerve cells, and relieving stress.



Skin condition after sleeping
6 hours

Skin condition after sleeping
8 hours

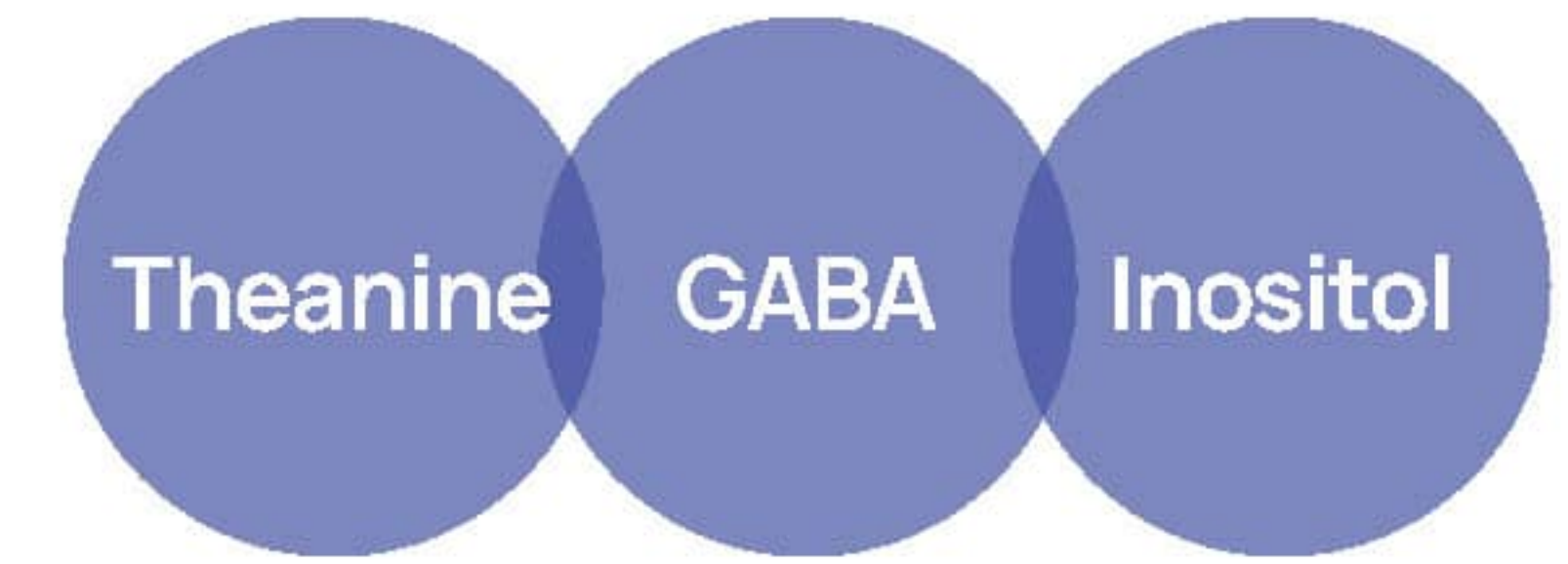
Source: London Sleep Centre sleep experiment

The Antioxidant Power of Melatonin

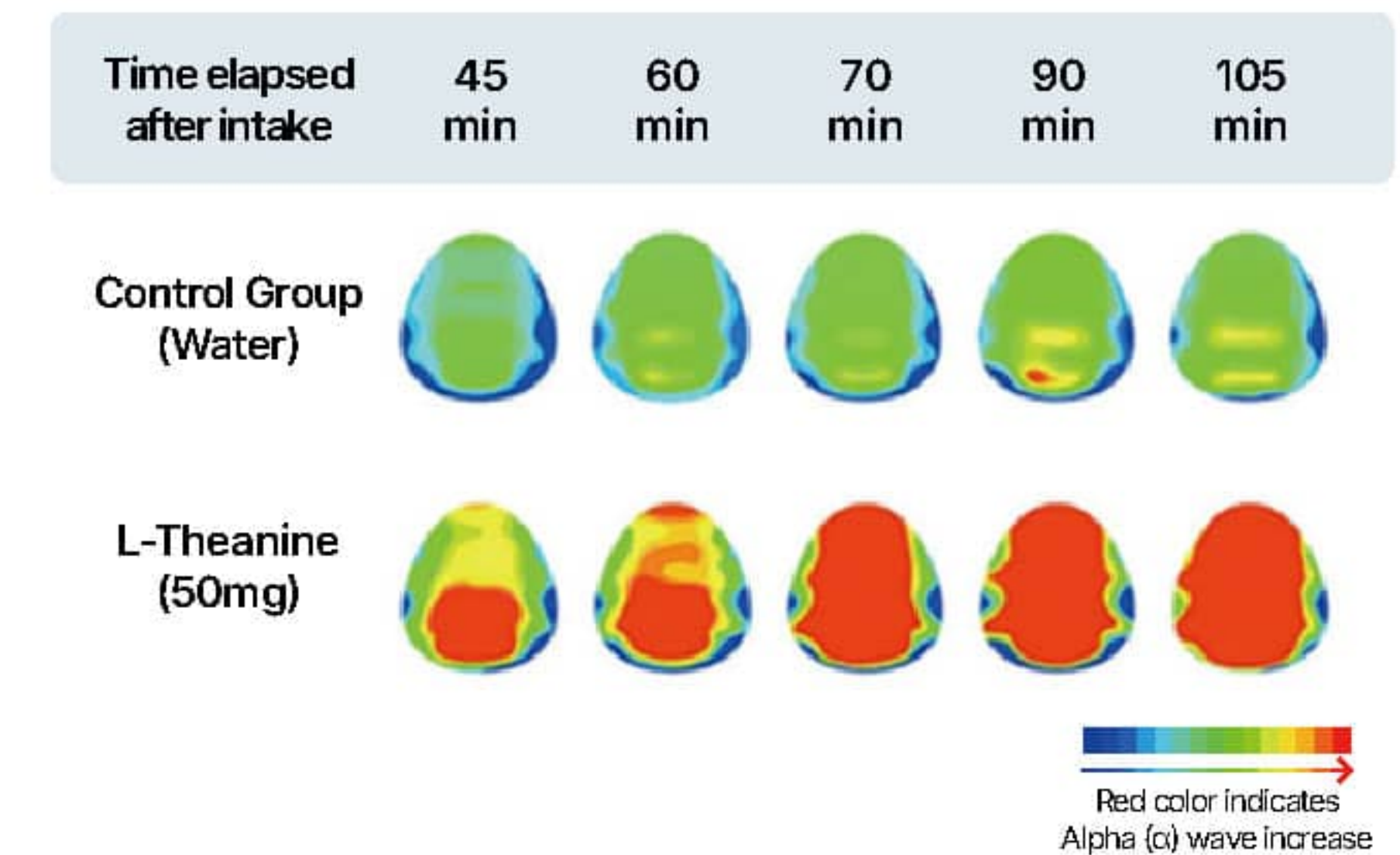
Melatonin is known as a powerful antioxidant, possessing about 10 times higher antioxidant power than Vitamin E and about 13 times higher than Vitamin C. While most antioxidant substances remove 1 molecule of active oxygen, melatonin exhibits a powerful antioxidant effect that removes up to 10 metabolites.

(Note): Description regarding the ingredients.

Formulation of Theanine, GABA, and Inositol Selected for Optimal Synergy



Human Application Test Results of Functional Ingredient Increase in Alpha (α) Waves (Red Area) after L-Theanine Intake



Test Subjects: 35 general individuals (Control group 19, Intake group 16).

Dosage: L-Theanine 50mg.

Result: Generation of alpha waves in the brain confirmed occurring from 45 minutes after L-Theanine intake.

Source: Anna C Nobre et al. / Asia Pacific Journal of Clinical Nutrition (2008).

*Note: This is a test result of the raw material, not the product, and may not apply equally to everyone.

