

¿QUÉ ES LA MELATONINA?

La melatonina es la responsable de que podamos dormir y se comercializa en forma de medicamento y de suplemento. Aunque podamos comprarla sin receta, es importante acudir a la consulta médica e indagar en el problema de fondo. Solo así la melatonina, sin ser la panacea, puede funcionar.



El Milagrio De La Melatonina

JE Gale



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