

INGREDIENTS

Melatonin:

Melatonin helps signal the body that it is time to rest, supporting faster sleep onset and a more stable sleep-wake cycle.

L-Theanine:

L-theanine on its own supports relaxation and mental balance. In combination with caffeine, L-theanine has been shown to create a synergistic effect by enhancing focus while moderating effects such as jitteriness.

Caffeine:

Caffeine increases alertness, enhances mental performance, and helps reduce fatigue.

Vitamin B5, B6 & B12:

These vitamins contribute to the reduction of fatigue.

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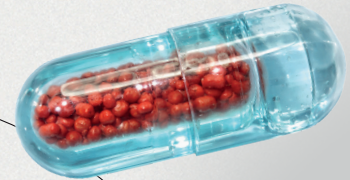
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B·SYNC

CONTROL

SYNCHRONIZE YOUR RHYTHM WITH EASE



FEATURES

- ✦ World's first combined sleep and wake-up supplement formula
- ✦ Immediate-release melatonin
- ✦ Patented delayed-release caffeine
- ✦ Clinically tested in humans

BENEFITS

- ✦ Supports the regulation of your circadian rhythm
- ✦ Helps you fall asleep & reduces sleep inertia
- ✦ Enables a controlled and balanced transition from night to day

ABOUT THE PRODUCT

B·SYNC® CONTROL is a smart combination supplement designed to manage both ends of your daily rhythm: falling asleep and waking up. It combines the sleep-supporting effects of melatonin with the wake-promoting benefits of delayed-release caffeine, L-theanine, and Vitamin B5.

Taken in the evening, B·SYNC® CONTROL aligns your sleep and wake-up phases, helping you regain control over your daily rhythm, especially during stressful periods, irregular schedules, or demanding lifestyles.

ABOUT THE TECHNOLOGY

B·SYNC® CONTROL combines two advanced delivery concepts in one product. Thanks to its Duo Caps Technology, the immediate-release phase ensures rapid availability of melatonin, supporting natural sleep onset. At the same time, caffeine, L-theanine, and the vitamins are embedded in a patented delayed-release technology originally developed for B·SYNC® ON. This technology has been clinically tested in humans and ensures that stimulation occurs only in the morning, without disturbing sleep.

By clearly separating sleep and wake-up signals within one capsule, B·SYNC® CONTROL delivers a uniquely controlled and physiological transition from night to day.

THE STORY

Modern lifestyles often disrupt our natural sleep–wake rhythm. Stress, irregular working hours, travel, and digital overload can make it difficult to fall asleep and even harder to wake up feeling refreshed. Many people rely on sleep aids at night and stimulants in the morning, creating an uncoordinated and often ineffective cycle.

B·SYNC® CONTROL was developed to close this gap. It connects falling asleep and waking up into one continuous, well-orchestrated process. By helping you fall asleep and supporting your wake-up hours later, B·SYNC® CONTROL restores structure and predictability to your daily rhythm. So you can rest better, wake up clearer, and start each day with greater ease and control.