

ProNite Gold

DIETARY SUPPLEMENT



A good night's rest allows the body and mind to recover. During sleep, the body repairs itself, which is good for the muscles. By recovering properly during the night, you will be able to start training intensively again sooner. A good night's rest can benefit your performance. In short, a good night's rest can contribute to success.

People who take part in highly intensive sports may sometimes need something to help them sleep. This could be due to tension before an important match or competition. Strenuous exercise can also have an impact on sleep. The time of the training or competition can also be a contributing factor. Athletes who have to get up early for training also need to go to sleep on time. Travel, especially international travel, can also affect sleep.

ProNite Gold

ProNite Gold contains a combination of herbs, vitamins, and melatonin. The use of valerian extract to improve sleep and reduce anxiety has been around for centuries. The herb valerian is still very much in use today as a natural way to promote relaxation and a good night's sleep¹. Passion flower is another plant that improves the ability to fall asleep¹. ProNite Gold contains the highest-quality valerian and passion flower and is suitable for situations where relaxation is desired. The ingredients in ProNite Gold help you wake up rested and refreshed after a good night's rest. Valerian and passion flower can also be used to combat jet lag, caused by travelling between different time zones.

Vitamins B1 and B3 in ProNite Gold play a pivotal role in the functioning of the nervous system and also boost energy metabolism. In addition, vitamin B3 helps to reduce tiredness and fatigue.

NZVT Certified

ProNite Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. ProNite Gold can be used by top athletes with confidence.

Additional information

This product does not contain any known allergens and is suitable for vegetarians and vegans.

Recommended use

Take one capsule 30 minutes before going to sleep.

When travelling (international flight): take one capsule immediately before flying.

Health Claims

- Contains valerian for a good night's rest
- Passion flower improves the ability to fall asleep
- Contains melatonin, lupulinum, and B vitamins
- 90 capsules per pack

Composition per vegetarian capsule			
Ingredient	Quantity	% RI	Compound
Melatonin	0.29 mg	*	
Vitamin B1 (as thiamine nitrate)	0.37 mg	33	
Vitamin B3 (as nicotinamide)	5.33 mg	33	
Passiflora incarnata extract	125 mg	*	
L-Theanine	133.3 mg	*	
Lupulinum	100 mg	*	
Valeriana officinalis extract	250 mg	*	
RI = Reference intake / * RI not determined			

¹ Health claims pending European recognition.



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A healthy sleep pattern is essential for any athlete. Sleep is needed for proper recovery as well as for optimal performance. Lack of sleep can cause an athlete to perform less well mentally and physically (increased heart rate, decrease in strength during sub-maximal and maximal exercise, loss of motivation, decreased willpower, and lower pain threshold). ProNite Gold supports a healthy sleep pattern.

Can be used:

- When travelling to different time zones
- To aid sleep
- Recommended use
- Take one capsule 30 minutes before going to sleep.
- When travelling (international flight): take one capsule immediately before flying.

Additional information

In addition to using ProNite Gold, it is important to practise good sleep hygiene. Make sure your bedroom is cool and dark

- Create a good sleep routine (go to sleep at the same times)
- Avoid drinking coffee four to five hours before going to sleep
- Do not drink large quantities before going to bed
- Do not watch television and avoid exposure to blue light (telephone, computer, etc.)

Additional magnesium may be advised to improve sleep quality.



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