

SUSTAINABLE HEALTH

Care for nature: At New Nordic we compensate for our CO2 emission, save endangered plants and reduce logging through Jungle Farming certified by SUN. www.sun-cert.com.
Recyclable blister card material: PP (PVC free). Please recycle as domestic waste.



MIX

Packaging from responsible sources
FSC® C074632

LEMON BALM



Lemon balm is considered a "calming" herb. It was used as far back as the Middle Ages to reduce stress and promote sleep. Today, lemon balm is often combined with other calming, soothing herbs, such as chamomile, to help promote relaxation. †



Melissa™

For the relief of occasional

stress and sleeplessness†

Dietary supplement • 60 tablets

Manufactured in Sweden
For best before end date see base of pack



† These statements have not been evaluated by the food and drug administration. This product is not intended to diagnose, treat, cure or prevent any disease.



DIRECTIONS

Adults: Take 1 tablet when needed to relieve occasional stress during the day, up to 3 tablets per day. To promote restful sleep take 2-3 tablets about 1 hour before bedtime†
Warnings: Keep out of reach of children. Do not take if you are pregnant or breast feeding. Do not use if blister package (inner foil) has been opened or tampered with. Store in a cool, dry place.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		% DV
Thiamin (Vitamin B1)(as thiamin mononitrate)	0.47 mg	32%
Riboflavin (Vitamin B2)	0.54 mg	32%
Niacin (Vitamin B3)(as nicotinamide)	6 mg	30%
Vitamin B-6 (as pyridoxine HCl)	0.67 mg	34%
Vitamin B-12 (as cyanocobalamin)	0.3 mcg	5%
Magnesium (as Magnesium Oxide)	100 mg	25%
Lemon Balm (herb)(<i>Melissa officinalis</i> L.) 10:1	300 mg	*
Chamomile (flower)(<i>Matricaria chamomilla</i> L.) 5:1	100 mg	*
L-Theanine	66 mg	*

* Daily Value not established.

OTHER INGREDIENTS

Microcrystalline cellulose, dicalcium phosphate, crosslinked sodium carboxy methyl-cellulose, magnesium stearate, hydroxypropyl methylcellulose, silicon dioxide.

Importer: New Nordic US Inc., 1000 N. West St. Suite 1200, Wilmington, DE USA 19801, www.newnordicusa.com. Tel 1-877-MY-NORDIC

Manufactured by: New Nordic Manufacturing, Ny Østergade 11, 3 sal, Roskilde 4000, Denmark

Product of Sweden.