

Liquid Melatonin SAP™ helps increase the total sleep time in people suffering from sleep restriction or altered sleep schedule.* **Liquid Melatonin SAP™** helps to reduce the effects of jet lag (e.g. daytime fatigue, sleep disturbance) for people travelling by plane easterly across two or more time zones.* **Liquid Melatonin SAP™** helps to reduce the time it takes to fall asleep.* **Liquid Melatonin SAP™** helps reset the body's sleep/wake cycle.*

All ingredients listed for this product lot number have been tested by a third-party laboratory for identity, potency, and purity.

Directions for use: Adults: Spray 4–22 times daily under the tongue (4, 11, and 22 sprays provide approximately 1.5, 5, and 10 mg of melatonin, respectively) or as directed by your healthcare practitioner. Sensitivity to melatonin is different from person to person. Take once a day, at or before bedtime. **For jet lag:** Take once a day at bedtime after darkness has fallen, while travelling and at destination, until adaptation to the new daily pattern on occasional short-term use. For sleep restriction / altered sleep schedule, for delayed sleep phase disorder, and to restore sleep/wake cycle: Consult a healthcare practitioner for use beyond 4 weeks or if symptoms persist for more than 4 weeks (chronic insomnia).

Contains no: Gluten, soy, wheat, corn, eggs, dairy, yeast, citrus, preservatives, artificial flavor or color, starch, or sugar.

Cautions and warnings: Consumption with alcohol, other medications, or natural health products with sedative properties is not recommended. Consult a healthcare practitioner prior to use if you are taking anticoagulants, anticonvulsants, blood-pressure medications, immunosuppressive medications, sedatives, hypnotic or psychotropic medications, or steroids. Consult a healthcare practitioner prior to use if you have asthma, cardiovascular disease, chronic kidney disease, depression, diabetes or hypoglycaemia, hormonal disorder, immune system disease, liver disease, migraine, or seizure disorder.

Contraindications: Do not use if you are pregnant or breast-feeding. Do not drive or use machinery for 5 hours after taking melatonin.

Known adverse reactions: Mild gastrointestinal symptoms (nausea, vomiting, or cramping) have been known to occur; in which case, discontinue use. Rare allergic reactions have been known to occur; in which case, discontinue use.

Color and smell may vary from one lot to another.

Do not use if seal is broken. Keep out of reach of children.

* 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.



Liquid Melatonin SAP

Sleep Support*

DIETARY SUPPLEMENT

NET WT 1.7 FL OZ (50 mL)

Supplement Facts

Serving Size: 4 Sprays (approx. 0.5 mL)

Servings: 100

	Amount	% Daily Value
Melatonin (<i>N</i> -acetyl-5-methoxytryptamine)	1760 mcg	**

** Daily Value not established.

Other ingredients: Ethanol, glycerin, and purified water.

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MADE IN CANADA BY
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