



NATURAL SLEEP FORMULA

Improve Sleeping Quality*

60 Capsules

DIETARY SUPPLEMENT

CATALO Natural Sleep Formula

CATALO Natural Sleep Formula is made from natural valerian root by special technology to produce high purity valerenic acids. Valerian is a nutritional supplement which helps to promote natural sleeping pattern. It makes sleep more restful as well as making the transition to sleep easier, but does not tend to increase total sleeping hours. It is ideal for people experiencing insomnia and nervous conditions. It also relieves gastrointestinal discomfort caused by nervousness. Valerian may assist the activity of GABA receptors in central nervous system to help promote relaxation and reduce stress. CATALO Natural Sleep Formula is 100% natural, safe and non-addictive herbal extract to promote pure and uninterrupted slumber.

Main Functions:

- Induce sleep, improve sleeping quality
- Promote relaxation and reduce stress
- Relieve gastrointestinal discomfort caused by nervousness

Suitable for: Difficulty sleeping, insomnia, bad sleeping quality, nervous or stressful conditions



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About This Product!**

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產品資訊及功效！



NATURAL SLEEP FORMULA

睡眠寶

提升睡眠質素配方

60 Capsules

DIETARY SUPPLEMENT

Nutrition Information

Serving Size: 2 Capsules (1090mg)

Servings Per Container: 30

Amount Per Serving			
Natural Valerian Extract (Standardized 0.8% Valerenic Acids)			500mg
Energy (kcal)	12	Carbohydrates (g)	0.1
Total Fat (g)	1.1	- Sugars (g)	0
- Saturated Fat (g)	0.3	Protein (g)	0.3
- Trans Fat (g)	0	Sodium (mg)	1

Serving Directions	For adults, take 2 capsules 15 minutes before bedtime
Ingredients	Natural Valerian Extract (Standardized 0.8% Valerenic Acids) Other Ingredients: Bulking agent (Plant Cellulose), Gelatin (Capsule), Anticaking agent (Magnesium Stearate, Silicon Dioxide)
Net Weight	32.7g (545mg x 60 capsules)
Best Before	Shown on box (ddmmyy)
Storage	Keep in a dry and cool place. Avoid direct sunlight

Do not drive or operate machinery when taking this product. Consult your healthcare practitioner if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or nursing women, those with medical condition, and those taking medication. Discontinue use two week before surgery. Do not consume with alcohol or other sleeping medicine. Avoid consuming foods or drinks that contain caffeine as it may affect the effectiveness of the product.

Made in USA

Manufactured by cGMP certified facility
for CATALO Natural Health USA Inc.
City of Industry, CA 91748, USA



Asia-Pacific Distributor: CATALO Natural Health Foods
5/F, Suite C-D, 15 Cheung Shun St., Hong Kong.

Customer Hotline: (852) 3556 8686

CATALO.COM

Product Code
2954

美國家得路睡眠寶（提升睡眠質素配方）
選用優質天然草本纈草，採用獨特先進科技，製成高純度的天然纈草精華，容易被人體吸收，大大提升其功效。纈草是一種既安全又性質溫和的天然草本植物，能有效幫助人體進入自然的睡眠模式，縮短入睡所需時間，提升睡眠質素，使睡眠更易保持平和及恬靜，同時不會影響或增加總睡眠時間，在自然酣睡覺醒後感覺精神煥發。纈草酸亦可以促進中樞神經系統中GABA受體的活動，使人感覺平靜和放鬆。使人感覺放鬆及平靜。美國家得路睡眠寶選用純天然草本成份，不會導致服用者上癮，

主要功效：

- 促進自然睡眠，縮短入睡所需時間，提升睡眠質素
- 鬆弛身心，紓緩緊張情緒
- 紓緩因情緒緊張而引起的腸胃不適

適用人士：難以入睡，經常失眠，睡眠質素差，多夢，長期情緒緊張

營養資料

食用份量：2粒(1090毫克)
每包裝所含食用份量：30

每食用份量	
天然纈草精華	500毫克
(標準化0.8%纈草酸)	
能量(千卡)	12
蛋白質(克)	0.3
總脂肪(克)	1.1
-飽和脂肪(克)	0.3
-反式脂肪(克)	0
碳水化合物(克)	0.1
-糖(克)	0
鈉(毫克)	1

建議食法	成人：每天1次，每次2粒，請於睡前15分鐘服用
成份	天然纈草精華(標準化0.8%纈草酸) 其他成份：增體劑(植物纖維素)，骨膠原膠囊(明膠)，抗結劑(硬脂酸鎂，二氧化矽)
內容量	32.7克(545毫克 x 60粒)
此日期前最佳	如盒所標示(日月年)
保存方法	請放於乾燥及陰涼地方，避免陽光直接照射

- * 孕婦和餵哺中婦女應先徵詢醫生意見，兒童勿用
- * 切勿與酒精類飲品或其他睡眠藥物同時服用
- * 避免進食含咖啡因的食物或飲品，以免影響產品的功效

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產品編號 2954