

Poor/insufficient sleep not only promotes pain and inflammation but is also a public health epidemic according to the CDC. Just as a lack of sleep can cause pain and inflammation, pain and inflammation can cause a lack of sleep, thereby creating a cycle of discomfort that can be difficult to resolve.

Lunora combines melatonin and valerian extract. Melatonin is a natural hormone produced by your body that plays an important role in regulating your sleep cycle, helping helping you maintain a healthy sleep routine.[†] Melatonin levels in your body tend to decrease as you age. Valerian extract is a perennial herb that has been used for centuries to promote relaxation and sleep.[†] Valerian is thought to help improve the amount of time it takes to fall asleep and the quality of sleep.[†] Lunora is non-habit forming and contains all natural ingredients.

**We Guarantee Our Supplements
for Potency and Purity**

[†] 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.

LUNORA

The Power of Sleep! [†]

ALL NATURAL SLEEP AID

for occasional sleeplessness

Dietary Supplement
60 Tablets



DIRECTIONS: One to two tablets 30-45 minutes prior to bedtime or as directed by a healthcare professional.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Valerian Extract (root)	600 mg *
Melatonin	2 mg *

* Daily Value not established.

OTHER INGREDIENTS: CELLULOSE, MAGNESIUM STEARATE (VEGETABLE SOURCE), SILICA, VANILLA EXTRACT, GLYCERIN

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KEEP OUT OF REACH OF CHILDREN.

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