

**A lack of sleep can promote  
pain and inflammation.**

**Insufficient sleep is a public  
health epidemic!**

# LUNORA

*The Healing Power of Sleep!*



- GET TO SLEEP FASTER\*
- STAY ASLEEP LONGER\*
- WAKE UP RESTED\*
- NON-HABIT FORMING
- ALL NATURAL INGREDIENTS

Each tablet contains:



**Melatonin** 1 mg

**Valerian extract** 300 mg





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## Tips for Healthy Sleep with Lunora

- Avoid caffeine, alcohol, nicotine, and other chemicals that interfere with sleep for four to six hours before bedtime.
- Create a sleep-inducing environment in your bedroom by making it quiet, dark, and cool.
- Establish a soothing pre-sleep routine, such as reading before bed, taking a bath, or practicing relaxation exercises.
- Go to sleep when you are truly tired. Struggling to fall asleep just leads to frustration.
- Do not be a nighttime clock-watcher. Staring at a clock when you are trying to fall asleep or when you wake up in the middle of the night can actually increase stress, making it harder to fall asleep.
- Establish a consistent sleep schedule. This helps ensure better quality and consistent sleep.
- Nap early or not at all. Many people make naps a regular part of their day. However, for those who find falling asleep or staying asleep through the night problematic, afternoon napping may be one of the culprits. This is because late-day naps decrease sleep drive/sleep debt. If you must nap, it's better to keep it short and nap early in the day.
- Lighten up on evening meals. Eating a pepperoni pizza at 10 p.m. may be a recipe for insomnia. Finish dinner several hours before bedtime, eat light, and avoid foods that cause indigestion.
- Balance fluid intake. Drink enough fluid during the day to keep from waking up thirsty—but not so much and so close to bedtime that you will be awakened by the need for a trip to the bathroom.
- Exercise early. Exercise helps promote restful sleep if it is done several hours before going to bed.

**Directions: One to Two tablets 30-45 minutes prior to bedtime or as directed by your healthcare professional.**

<u>Product:</u>	<u>Time of Day:</u>	<u>Dose:</u>	<u>Time of Day:</u>	<u>Dose:</u>
<b>Lunora</b>			Nighttime	___
Salizain®	Morning	___	Nighttime	___
Pro-Enz®	Morning	___	Nighttime	___
Nutra Disc®	Morning	___	Nighttime	___

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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