

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.

# LUNORA

*The Power of Sleep! †*

## ALL NATURAL SLEEP AID

*for occasional sleeplessness*

**Dietary Supplement**  
**60 Tablets**



† 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:** 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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