



# Melissa Dream™

## Restful sleep

### Melissa Dream™

Melissa Dream™ is the tablet you need to maintain a normal restful sleep, normal function of your nervous system and the ability to deal effectively with impulses, which affect the focus of your mind. The unique bioactive micronutrients and herbal extract combination contained in each tablet nourish and influence your brain, nerves and your psychological functions. The tablet which is manufactured in Sweden, contains a lemon balm extract, which helps maintain a restful sleep. L-theanine amino acid, chamomile extract, vitamin B complex and magnesium. The content of 8 vitamins contributes to normal psychological and nervous system function.

### Lemon Balm

Melissa Dream™ contains extract from selected leaves of the lemon balm and chamomile flowers which have been picked, dried and extracted in a way which will protect the sought after herbal ingredients. This is a guarantee for a very high quality.

**Melissa Dream™ is available in either 20, 40 or 100 tablet packs. For more information call 0800 389 1255 or purchase online at [www.newnordic.co.uk](http://www.newnordic.co.uk)**



## RECOMMENDED DAILY DOSES

2 tablets per day 1 hour before bedtime.

Food supplements are intended to supplement the diet and should not substitute a varied diet or healthy lifestyle. **Do not exceed the stated dose. Caution:** Seek professional advice before taking if you are pregnant, breast feeding or suffer from allergies. **Warnings:** Not suitable for children under 12 years of age.

## CONTENT PER DAILY INTAKE OF 2 TABLETS

Lemon balm extract (Melissa officinalis L.) 10:1	600 mg
Chamomile extract (Matricaria chamomilla L.) 5:1	200 mg
L-theanine	134 mg
Thiamin (vitamin B1)	0,9 mg
Riboflavin (Vitamin B2)	1,1 mg
Niacin	12 mg
Vitamin B6	1,3 mg
Vitamin B12	0,6 mcg
Magnesium	200 mg

