



MetaSleep™

NEW! Dual-phase melatonin with kava helps you fall asleep and increases sleep time.

Product Name: MetaSleep™

Product Flavor: -

Product Size: 60 Capsules

Product Forms: Capsules

Supplement Facts

Medicinal Ingredients	Amount
Each capsule contains:	
Melatonin	1.5 mg
Kava (<i>Piper methysticum</i>) root extract standardized to 30mg of kavalactones†	500 mg

Non-Medicinal Ingredients:

Cellulose, capsule (hypromellose, and sodium copper chlorophyllin), silica, and magnesium stearate (veg).

Recommended Use:

Helps increase the total sleep time in people suffering from sleep restriction or altered sleep schedule. Helps reduce the time it takes to fall asleep in people who fall asleep slowly/with delayed sleep phase disorder

Recommended Dose:

Adults take 1 capsule per day at or before bedtime or as directed by your healthcare practitioner. Jet Lag use: Take 1 capsule once daily at bedtime while traveling, and at destination until adapted to the new time zone or daily pattern.

Caution:

Do not use if you have liver or kidney disorders, or are pregnant or breastfeeding. Do not drive or operate heavy machinery for 5 hours after taking melatonin. Consult a healthcare practitioner prior to use if you suffer from epilepsy, or have cardiovascular, immune, hormonal or seizure disorders, asthma, depression, diabetes, low blood sugar, or migraine. Consult a healthcare practitioner prior to use if you are taking medications for seizure, blood pressure, to suppress immune system (immunosuppressive medications), to affect mental state or increase sedation, steroids, blood thinners, conventional sedative hypnotics, (or natural health products with similar effects), antipsychotics, MAO inhibitors, other psycho-pharmacological agents, levodopa (or other drugs for Parkinson's disease) or antithrombotics. Stop use if allergy occurs or if you experience headache, confusion, or nausea. Discontinue use and consult a healthcare practitioner if you develop symptoms of liver trouble, such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea unusual tiredness and/or loss of appetite. Hypersensitivity is known to occur, in which case discontinue use. Consumption with alcohol, products that cause drowsiness, or anti-convulsants is not recommended. Consult a healthcare practitioner for use is not recommended. Consult a healthcare practitioner for use beyond 4 weeks or if sleeplessness persists continuously for beyond 4 weeks or if sleeplessness persists continuously for more than 4 weeks or if symptoms persist or worsen.

This product is non-GMO, gluten-free, and vegetarian.

† Kavaton™

URL: <https://www.metagenicscanada.com/item/ms60can/metasleep/1.html>

***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.**