



SLEEP

HOW TO STAY SHARP

The nervous system is a fascinating and complex network that includes your brain, spinal cord, and the nerves that run through your entire body. Think of it as a master control centre that connects all of your body's systems and allows them to communicate with each other in the blink of an eye.

Impressively, the fastest nerves in your system send messages to your brain at more than 200 miles per hour, or 322 kilometres per hour.

KNOWLEDGE HELPS MAINTAIN A BETTER NETWORK

As with any highly intricate system or network, problems can sometimes arise; sleep disorders and depression, to name but a few. Good nutrition, exercise and specific supplements can play a part as supportive therapies in the treatment of some of these disorders.


If you do suffer from any of these conditions, ask your pharmacist if natural health products can help you keep your nervous system operating more smoothly.


PHARMACY INFORMATION

Vitamins and natural health products can interact with your medication or be contraindicated in certain conditions. Consult your health care professional to find the product that is right for you, in accordance to your needs and health condition, as well as contraindications and possible side effects.

	MELATONIN 3 MG QUICK DISSOLVE	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100 200
<p>Active ingredient Melatonin.</p> <p>Properties/Uses Helps increase total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule (e.g., shift-work and jet lag). Helps reduce the time it takes to fall asleep in people with delayed sleep phase syndrome and reset the sleep-wake cycle of circadian rhythm.</p> <p>Directions (adults) At bedtime only, as recommended by your health care professional. For use beyond 4 weeks, consult a health care professional.</p> <p>Notes:</p>			

	MELATONIN 5 MG QUICK DISSOLVE	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
<p>Active ingredient Melatonin.</p> <p>Properties/Uses Helps increase total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule (e.g., shift-work and jet lag). Helps reduce the time it takes to fall asleep in people with delayed sleep phase syndrome and reset the sleep-wake cycle of circadian rhythm.</p> <p>Directions (adults) At bedtime only, as recommended by your health care professional. For use beyond 4 weeks, consult a health care professional.</p> <p>Notes:</p>			

	MELATONIN 10 MG TIMED RELEASE	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60
<p>Active ingredient Melatonin.</p> <p>Properties/Uses Helps increase total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule (e.g., shift-work and jet lag). Helps reduce the time it takes to fall asleep in people with delayed sleep phase syndrome and reset the sleep-wake cycle of circadian rhythm.</p> <p>Directions (adults) At bedtime only, as recommended by your health care professional. For use beyond 4 weeks, consult a health care professional. Do not crush or chew.</p> <p>Notes:</p>			

	MELATONIN 10 MG GUMMIES	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60
<p>Active ingredient Melatonin.</p> <p>Properties/Uses Helps increase total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule (e.g., shift-work and jet lag). Helps reduce the time it takes to fall asleep in people with delayed sleep phase syndrome and reset the sleep-wake cycle of circadian rhythm.</p> <p>Directions (adults) At bedtime only, as recommended by your health care professional. For use beyond 4 weeks, consult a health care professional.</p> <p>Notes:</p>			