Health Canada Santé Canada

Product Licence
Licence de mise en marché

Product Number/*Numéro de produit*: 80090097
Brand Name/*Marque nominative*: Sleep Guard+
Other Brand Name(s)/Autre(s) marque(s) nominative(s):
Night of Dreams
Morpheus+
Good Night+
Night Guard +
Issued to/*Émise à:*
Name of licensee/*Nom du titulaire:*
Mineral Medix Corp.
100 Leek Cres, Unit 12
Richmond Hill, Ontario, L4B 3E6
Canada
Authorized for the following/*Autorisé pour ce qui suit:*

Dosage form/*Forme posologique*: Capsule
Recommended route of administration/Voie *d'administration recommandée:*
Oral
Recommended dose/*Dose recommandée:*
Adults : Take one capsule once a day. Take 30 - 45 minutes before bedtime. Take with food.

Recommended duration of use/*Durée d'utilisation recommandée:*
N/A

Recommended use or purpose/*Usage ou les fins recommandés:*
Used as a sleep aid. Traditionally used in Herbal Medicine as a sleep aid / (to) help(s) to promote sleep. Traditionally used in Herbal Medicine as a sleep aid (hypnotic). Traditionally used in Herbal Medicine to help relieve nervousness (sedative and/or calmative).

Risk Information/*Renseignements sur les risques:*

Contra-Indications
Do not use if you are pregnant or breastfeeding. Do not use if you have scleroderma.

Known Adverse Reactions
Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness within 2 hours of consumption. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Some people may experience diarrhea, nausea, vomiting and abdominal pain.

Cautions and Warnings
Consult a health care practitioner if symptoms persist. Consult a health care practitioner if symptoms worsen. Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia). Consult a health care practitioner prior to use if you are taking carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, S-adenosylmethionine (SAMe), St. John's wort, antidepressants, pain killers, over the counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication. Discontinue use and consult a health care practitioner if you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain or if you experience skin changes. Consult a health care practitioner prior to use if you have depression and/or related diseases.

Medicinal Ingredients/*Ingrédients médicinaux:*

Proper Name Nom propre	Common Name Nom usuel	Quantity per Dosage Unit *Quantité par unité posologique*	Extract *Extrait*	Potency *Activité*	Source Material *Matière d'origine*
Humulus lupulus	Hops	80 mg	8.0:1.0 640.0 mg	N/A	Flower

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L-5-Hydroxytryptophan	L-5-HTP	100 mg	N/A	N/A	5-HTP
Passiflora incarnata	Passionflower	150 mg	4.0:1.0 600.0 mg	N/A	Herb top
Valeriana officinalis	Valerian	320 mg	N/A	0.8 % Valerenic acid	Root
Vitamin B6	Vitamin B6	10 mg	N/A	N/A	Pyridoxine hydrochloride

This licence is issued by the Minister of Health under the authority of section 7 of the Natural Health Products Regulations. Sale of the described natural health product, including any changes thereto pursuant to section 11 of the Regulations, is subject to the Food and Drugs Act and to the Natural Health Products Regulations.
Cette licence est émise par la ministre de la Santé en vertu de l'article 7 du Règlement sur les produits de santé naturels. La vente du produit de santé naturel décrit dans la présente, y compris toute modification afférente au sens de l'article 11 du Règlement, est assujettie à la Loi sur les aliments et drogues et au Règlement sur les produits de santé naturels.

Issued/émis le: 2019-01-11	Revised/Amended/Modifié le: N/A

Director General/ *Int. Directeur général*
NHPD/*DPSN*

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