

MÖDERE® FAQs | Canada

SLEEP HEALTH

Health & Wellness | Support

How long after taking Sleep Health, will I feel the effects?

- Usually, it will take about 30 minutes.

How often should I take Sleep Health?

- We recommend taking it to relieve occasional sleeplessness or to help with jet lag. Consult a health care provider for use beyond 4 weeks.

Can my child take Sleep Health?

- We do not recommend Sleep Health for children.

Are Sleep Health's chewable tablets flavoured?

- Yes, the tablets have a natural mint flavour.

Is Sleep Health sugar-free?

- Yes, it is.

Is Sleep Health gluten-free?

- Yes, it is.

Is Sleep Health Dairy-free?

- Yes, it is.

Is Sleep Health vegetarian?

- Yes, it is.