

# MÖDERE® FAQs

## SLEEP HEALTH

Health & Wellness | Support

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### **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.

### **Can my child take Sleep Health?**

- We do not recommend Sleep Health for children.

### **Are Sleep Health's chewable tablets flavored?**

- Yes, the tablets have a natural mint flavor.

### **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 non-GMO?**

- Yes, it is.

### **Is Sleep Health vegetarian?**

- Yes, it is.