

Health Awareness



America, The Tired

(NAPSA)—Millions of Americans experience insomnia or have difficulty sleeping. No matter whether it's due to stress, the hormonal effects of menopause or a poor pre-bedtime routine, the end result is a long night followed by a difficult morning.

Fortunately, there's now a natural, drug-free way to get a good night's sleep. It's a convenient oral



A new oral spray offers a drug-free way for people to get a good night's sleep.

spray that contains such proven sleep-inducing ingredients as valerian and melatonin to help the tired and weary get the rest they need.

NutraMist Sleep Now does its work with a few quick and convenient sprays. Take it at bedtime for satisfying sleep and leave it on the nightstand in case it's needed in the wee hours of the morning. The spray has no sugar and no alcohol. Its exclusive "Smart-Spray" rapid-release technology emits microsize droplets of the ultraconcentrated formula that is immediately absorbed in the body.

To learn more, visit the Web site at www.NutraMistProducts.com.