

# DREAMING

## SLEEP & REST

### WHAT IS IT?

Do you have trouble falling asleep or getting a full night's rest? NVU Dreaming™ is a special blend of GVM (GABA, Valerian Root, and Melatonin) to help you get a natural, restful sleep without feeling groggy the next day. When used approximately 30 minutes before bedtime, this spray will reset your biological clock and support healthy long-term sleep patterns.



### KEY INGREDIENTS

- Melatonin - Is helpful in promoting good sleep and reducing sleep disorders. It can also be used to provide relief from jet lag and insomnia.
- GABA - A natural relaxant for the body and brain that brings out good feelings and can also help prevent and treat other health conditions.
- Valerian Root Powder - An herbal remedy shown to improve sleep, reduce insomnia and improve stress related symptoms.



GLUTEN  
FREE



RAPID  
ABSORPTION



NON-GMO



VEGAN  
FRIENDLY



MADE IN  
THE USA

nvuionu

## DID YOU KNOW?

The blend of melatonin and soothing herbs such as Valerian Root and GABA, work with your body to promote good sleep, rest and relaxation. Using melatonin in spray technology form, is easily and gently digested and 93% effective in absorption. This spray enables your body to powerfully promote good sleep faster than other methods. Alternatively, pills and capsules are shown to have an estimated 15% and 25% absorption rate.

## WHY YOU'LL LOVE IT



## HOW TO USE IT?

1. Shake well before each use.
2. Spray directly into the mouth and hold 5 seconds before swallowing.
3. Take 1 serving (8 sprays) daily.

Serving Size	8 sprays
Sprays Per Package	240
Serving Per Container	30

DISCOVER POWERFUL REST AND RELAXATION WITH DREAMING

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