

**NO-SHIFT-LAG- arnica montana, bellis perennis, ipecac, phytolacca americana root, and zinc tablet**

**LC Industries**

*Disclaimer: This homeopathic product has not been evaluated by the Food and Drug Administration for safety or efficacy. FDA is not aware of scientific evidence to support homeopathy as effective.*

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**No-Shift-Lag™**

**Information**

<b>Homeopathic Ingredients</b>	<b>Purpose</b>
Arnica montana 30C	
Bellis perennis 30C	For the relief of symptoms of shift lag
Cephaelis 30C	
ipecacuanha 30C	
Phytolacca decandra 30C	
Zinc metallicum 30C	

**Uses**

For the relief of symptoms of shift lag such as tiredness due to working night shifts.

**Warnings**

**Do not use** if the blister pack is broken.

**Stop use and ask a doctor** if symptoms persist for more than 3 days or worsen.

**If pregnant or breast-feeding**, ask a health professional before use.

**Keep out of reach of children.**

**Directions**

<b>Age</b>	<b>Dose</b>
Adults	Chew one tablet at the beginning of a night shift, one tablet mid-shift and one tablet at the end of a night shift. However, variation of these directions is acceptable and may be found preferable. Best taken separately from meals. Can be used with other types of medication.

**Other Information**

- store under 86°F (30°C)
- No known drug interactions
- Non-drowsy

**Other ingredients**

Dextrose, and separating agents magnesium stearate and silicon dioxide.

**Distributed to retailers by**  
L C Industries, Inc  
Elk Grove Village, IL 60007

**PRINCIPAL DISPLAY PANEL - 32 Tablet Blister Pack Carton**

**Made in**  
**New Zealand**

NDC 59672-0230-1  
**NO-SHIFT-LAG™**

- SAFE
- NATURAL
- EFFECTIVE
- NO SIDE EFFECTS OR  
DRUG INTERACTIONS

NET 32 TABLETS

**HOMEOPATHIC SHIFT LAG PREVENTION**



## NO-SHIFT-LAG

arnica montana, bellis perennis, ipecac, phytoacca americana root, and zinc tablet

### Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:59672-0230
Route of Administration	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
Arnica Montana (UNII: O80TY208ZW) (Arnica Montana - UNII:O80TY208ZW)	Arnica Montana	30 [hp_C]
Bellis Perennis (UNII: 2HU33I03UY) (Bellis Perennis - UNII:2HU33I03UY)	Bellis Perennis	30 [hp_C]

<b>Ipecac</b> (UNII: 62BC8233L) (Ipecac - UNII:62BC8233L)	Ipecac	30 [hp_C]
<b>Phytolacca Americana Root</b> (UNII: 11E6VI8VEG) (Phytolacca Americana Root - UNII:11E6VI8VEG)	Phytolacca Americana Root	30 [hp_C]
<b>Zinc</b> (UNII: J41CSQ7QDS) (Zinc - UNII:J41CSQ7QDS)	Zinc	30 [hp_C]

### Inactive Ingredients

Ingredient Name	Strength
<b>Dextrose, unspecified form</b> (UNII: IY9XDZ35W2)	242 mg
<b>Silicon Dioxide</b> (UNII: ETJ7Z6XBU4)	
<b>Magnesium stearate</b> (UNII: 70097M6I30)	

### Product Characteristics

<b>Color</b>	WHITE	<b>Score</b>	no score
<b>Shape</b>	ROUND	<b>Size</b>	9mm
<b>Flavor</b>		<b>Imprint Code</b>	ML
<b>Contains</b>			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:59672-0230-1	1 in 1 CARTON		
1		32 in 1 BLISTER PACK; Type 0: Not a Combination Product		

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
UNAPPROVED HOMEOPATHIC		01/20/2016	

**Labeler** - LC Industries (069952018)

### Establishment

Name	Address	ID/FEI	Business Operations
Miers Laboratories		594355794	MANUFACTURE(59672-0230)

Revised: 1/2016

LC Industries