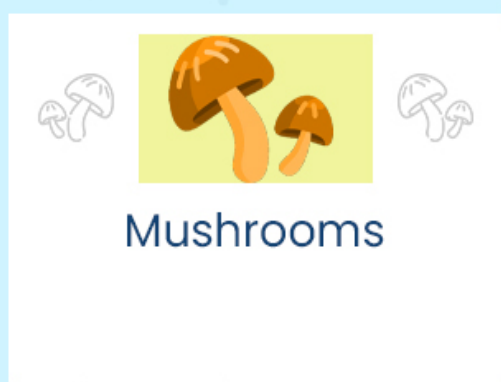
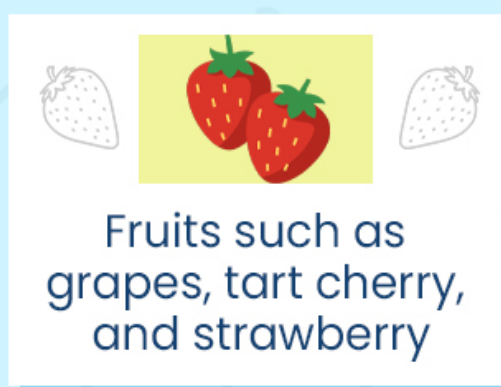
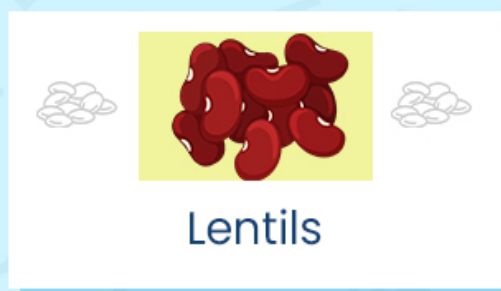
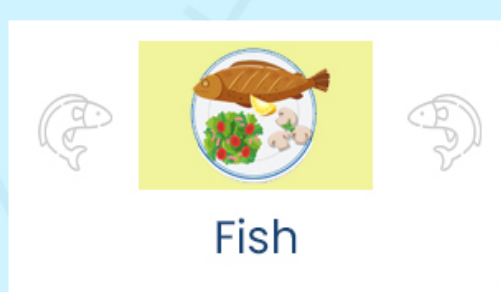
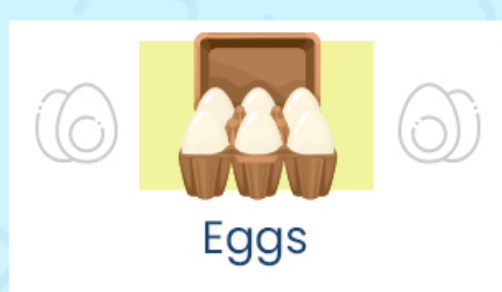




How To Boost Natural Melatonin For Good Sleep During *Pregnancy*

Include foods that naturally boost melatonin



Other ways

