



Sleep & Relaxation

<i>Article no.:</i>	7714
<i>Package size:</i>	60 capsules
<i>Portion size:</i>	1 capsule
<i>Portions per package:</i>	60
<i>Capsule cover:</i>	Plant cellulose
<i>Made in:</i>	Austria

Stress is experienced by young and old today and has many kinds of negative effects upon our health and well-being.

As well as sleep and concentration problems, restlessness, irritability and even depressive moods are also included in the detrimental effects of excessive stress.

The Contents and their Effects:

Passion Flower and Lemon Balm have been successfully used in naturopathy for sleep disturbances, states of unrest and nervous problems for over 2,000 years and promote relaxation and encourage more restful sleep. Valerian also has calming and relaxing effects.

Ingredients:

Lemon Balm leaf extract, Passion Flower petal extract, Valerian root extract, Hops extract; capsule cover: modified cellulose; filling agent: cellulose.

Recommended intake:

Take 1 capsule twice a day with some liquid.



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