

SLEEP-AID

HERBAL TEA INGREDIENTS:

CHAMOMILE - Chamomile is a time-honored sedative herb which can be safely used by children and adults alike. Chamomile tea is commonly used in Europe, South America, and Mexico for insomnia and restlessness combined with irritability, particularly in children.

HOPS – Is used as a sedative specifically for insomnia due to worry or nerve weakness. It has a long history of use for sleeplessness, nervousness, and restlessness.

LAVENDER - Lavender is a gentle strengthening tonic for the nervous system.

PASSION FLOWER - Herbalists consider passion flower an important herb for insomnia caused by mental worry, overwork, or nervous exhaustion. Passion flower is used for minor sleep problems in both children and adults. It is an excellent sedative with no side effects even when used in large doses.

VALERIAN ROOT - Herbalists use valerian extensively for its sedative action against insomnia, nervousness, and restlessness. It is recommended for those type of people who have a hard time falling asleep, because it shortens sleep latency. It also reduces nighttime waking. Valerian is an excellent herbal sedative that has none of the negative side effects of Valium and other synthetic sedatives.

KAVA KAVA - Kava imparts a calm feeling, relaxes the body, and sometimes enhances communication and dreaming. This sedative herb is often used for sleeplessness and fatigue.

St. JOHN WORT - Modern scientific studies show that it can help relieve chronic insomnia and mild depression when related to certain brain chemistry imbalances



"Herbs that work!"