



# Sleep

*Supports a sense of calm and sound sleep*

**Sleep** is a gentle, natural formula to aid with occasional sleeplessness. This blend of calming, relaxing botanical combined with melatonin has sleep-enhancing properties to support falling asleep, staying asleep or achieving high-quality, restorative sleep.

Melatonin is naturally produced in the pineal gland of the brain and is part of a healthy day/night cycle promoting healthy sleep cycles and encouraging falling off to sleep.

## Formula

Each /Chaque vegi-capsule contains:

Valerian root/racine (valeriana officinalis), 0	100 mg
Fresh California Poppy (eschscholzia californica), 0	100 mg
Chamomile ower (matricaria chamomilla), 0	100 mg
Fresh Skullcap herb, (scutellaria lateriflora), 0	75 mg
Passion Flower herb (passiflora incarnata), 0	75 mg
Hops Strobiles (humulus lupulus), 0	50 mg
Melatonin/Melatonine synthétique	3 mg

0 = Certified Organic

**Non Medicinal ingredients:**  
hypromellose vegi-capsule

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hypromellose vegi-capsule

## Formulation Features

- Modulates GABA supporting CNS relaxation
- Promotes healthy neurotransmitter function in the CNS
- **Certified organic Skullcap herb** calms nervous tension and attenuates insomnia
- Formulated with 100% certified organic herbs



95% of our herbs and herbal extracts are certified organic.

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**Valerian Root** contains an active compound known as valerenic acid which is believed to support a tranquil state of mind through a interaction with Gaba-A receptors in the brain.

**Skullcap American skullcap** (*Scutellaria lateriflora*) calms nervous tension, encourages healthy sleep hygiene, and supports healthy autonomic nervous system function.

**Chamomile** (*Chamomilla recutita*) is one of the oldest, most widely used and well documented medicinal plants in the world and is known for being a calming sleep aid.

**Passion Flower** (*Passiflora incarnata*) is a climbing vine that is native to the southeastern United States and Central and South America. Current research suggests that passionflower might help to reduce nonspecific anxiety and as a calming agent.

**Hops** (*Humulus lupulus*) is commonly used for sleep disorders such as the inability to sleep (insomnia) or disturbed sleep due to rotating or nighttime work hours (shift work disorder), restlessness, tension, excitability, nervousness, and general irritability.

## Supplementation

- Take one capsule as needed or 30 minutes before bedtime. Repeat if needed, or go to two capsules.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

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