

ESTEEM

# SWEET DREAMS

INGREDIENTS AND FUNCTION:



## Life Support HERBALS

### SWEET DREAMS

“THE SANDMAN’S FRIEND”

#### MAXIMUM POTENCY HERBS

The amount of sleep each individual needs to be fully rested can vary greatly from one person to another. Many times insomnia can interrupt the best intentions for a restful, complete, good nights sleep. During these times let SWEET DREAMS be your “Sandman’s Helper”. You will enjoy the sound, drug free sleep you desire every night.

SWEAT DREAMS is a multiple herbal formula that works every time against insomnia and sleeplessness with no unwanted side effects. You’ll awake rested and ready to take on the day.

#### Each capsule contains:

Valerian root powder ext (4x1), eq .....	100 mg
Skull Cap herb .....	150 mg
Passion Flower ext (5x1) eq .....	125 mg
Passion Flower .....	25 mg
Hops .....	150 mg
Lemon Balm .....	75 mg
Melatonin .....	2.5 mg
Kava Kava root .....	50 mg
Salvia .....	35 mg
Polygala Senega root .....	35 mg
Jujube seed .....	35 mg
GABA .....	25 mg
Cayenne .....	10 mg

#### VALERIAN ROOT:

A relaxant used to improve emotional tension disturbances and sleep quality.

#### SKULL CAP:

Used for nervousness, insomnia, alcohol and drug withdrawal, epilepsy and chorea. It relaxes nervous tension, induces inner calm, and counteracts sleeplessness.

#### PASSION FLOWER:

A natural calmiative used to induce relaxation.

#### HOPS:

Research indicates hops can relax and soothe muscles as well as act as a sedative.

#### LEMON BALM:

Companion to Valerian. Traditionally used to restore nerves. It helps relieve anxiety attacks, palpitations with nausea, mild insomnia and phobias.

#### MELATONIN:

When not used in therapeutic dosages, produces a relaxing and calmiative effect.

#### KAVA KAVA:

A relaxant and sleep aid. Contains mildly psychoactive properties which induce a feeling of relaxation, peace, contentment and sharpening of the senses.

#### SALVIA:

Calmis nerves, relieves muscle spasms.

#### POLYGALA SENEGA ROOT:

Relaxant and sleep aid.

#### JUJUBE SEEDS:

Relaxant and sleep aid.

#### GABA:

A relaxant used to calm the body. GABA is an amino acid that acts as a neurotransmitter in the central nervous system.

#### CAYENNE:

An herbal assimilator. Opens capillaries for absorption and assimilation of all herbs, for far more effectiveness.

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