



NATURE'S SUNSHINE

Herbal Sleep

Kosher

Halal

Non-GMO

GOOD FOR

Nervous System

Brain

SIZE **100 Capsules**

ITEM # **940**

SERVING **2**

SUPPLY **50 days**

DIRECTIONS FOR USE Take 2 capsules daily with a meal.

— How the Key Ingredients Work

Herbal Sleep brings together three time-honored botanicals that have each been used for generations to help quiet a busy mind and ease the body into restful sleep. Together they work gently with your body's own calming systems so you can unwind, fall asleep more easily, and wake up refreshed.

Valerian Root — Valerian has been a go-to sleep herb in European natural medicine since ancient Greece. Research including multiple clinical trials supports its ability to improve sleep quality and help ease the restlessness that keeps people tossing and turning at night. It's also been studied for its calming effect on everyday nervousness and tension, making it a well-rounded herb for winding down at the end of a long day.

Passionflower — Passionflower is a beautiful native North American vine with a long history of use for calming the mind and supporting relaxed, restful sleep. Clinical research has found it comparable to a prescription anti-anxiety medication for easing general anxious feelings, and it's been valued in traditional herbal practice for centuries as a gentle way to quiet racing thoughts before bed.

Hops — Best known as a flavoring in beer, the dried flower cones of the hops plant have a rich history as a calming herb in their own right. Hops is traditionally paired with valerian root as a sleep-support combination, and the two herbs together have been the subject of clinical research exploring their complementary calming effects. Hops brings a gentle, grounding quality to this formula.

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