



## Name Bedtime

### Caps

Code	Size	Duration
C05-54	54 Capsules	Usually lasts 18-27 days
C05-100	100 Capsules	Usually lasts 33-50 days

### Area concerned

Sleep, nerves

### Ingredients

(min per capsule) Wild Lettuce 80mg, Hops 80mg, Lemon Balm 80mg, Scullcap 80mg.

### Description

This formula contains soothing hops and lemon balm herbs, which can help maintain a proper balance at bedtime; and wild lettuce and scullcap, which can help maintain the peace of mind and body at night.

### Standard use

2-3 capsules half an hour before bedtime with a little food or a drink, such as **Bedtime Tea**. Can also be taken during the night if desired.

### How long to take it for

Try taking daily for a month, then cutting down or leaving off completely. May be taken for a further 3-6 months if desired

### Cautions

Do not use if pregnant or nursing.

### Companion Products

Bedtime Tea; Nve Capsules; Nve-Restor Drops; Valerian & Passiflora Drops; Valerian Compound Capsules.

### Tea

Code	Size	Duration
T01	50g	Lasts 14-28 days

### Area concerned

Sleep, nerves

### Ingredients

Passiflora, Chamomile, Clover Blossoms.

### Description

A great tea to help sleep. Take each evening for best effect, either at bedtime or 30-60 minutes before retiring.

### Standard use

Take each evening for best benefit, either at bedtime or up to an hour before retiring. Make using one teaspoon to 1 mug of boiling water. Drink, hot, warm, or cold until finished. Honey can be added if desired. We recommend that the tea be taken with 1, 2 or 3 **Bedtime Capsules** for best support.

### How long to take it for

Try for 2 weeks, after which time you should feel a benefit.

### Cautions

Limit to one cup a day if pregnant or nursing.

### Companion Products

Bedtime Tea; Nve Capsules; Nve-Restor Drops; Valerian & Passiflora Drops; Valerian Compound Capsules.

### Caps

### Tea

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