



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, Red Clover.

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 1 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