

## Product Profile

# RELAXING SLEEP TONIC

(Formerly known as Valerian • Passionflower Compound)  
Sedative Nervine & Sleep Tonic

A blend of the liquid extracts of:

* <b>Valerian rhizome &amp; rootlets</b> (Valeriana officinalis)	20%
* <b>Passionflower flowering tips</b> (Passiflora incarnata)	20%
• <b>Hops strobile with lupulin resin</b> (Humulus lupulus)	20%
* <b>Chamomile flower</b> (Matricaria recutita)	20%
* <b>Catnip leaf &amp; flowering tops</b> (Nepeta cataria)	20%

\* Fresh • Dried

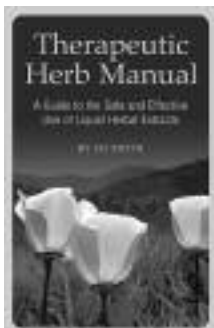
**Action:** All of the herbs in this compound are non-narcotic sedatives, which are soothing and quieting to the nervous system.

**Uses:** Indicated in **sleeplessness** or **insomnia**. It allows patient to relax into a restful sleep and easily awaken with no sense of being “drugged.” Also indicated in **nervous excitement**, nervousness due to worry or imagined wrongs, **nervous headache**, and in nervousness associated with **PMS** or **menopause**.

**Dose: General Sedative:** Two to five times per day, take 30 to 40 drops in a little water. **Insomnia:** Mix 15 to 30 drops in a little water and take 1 hour before bed and again just before bed. Usually works best after 2 to 4 nights of use.

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**Cautions:** Persistent insomnia or headache may require treatment by a qualified healthcare practitioner.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

\*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.