



Herbal Insomnia

Nature's Harmony® Herbal Insomnia is a natural supplement that helps promote sleep and relaxation. The ingredients in this unique formula are a carefully selected combination of herbs known for their mild sedative effect.

PRODUCT CODE: 400348

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Traditional herbal medicine.Promotes sleep.	Tablet	Take 1 or 2 tablets in the evening, or as required as an aid in sleep and relaxation.

DESCRIPTION:

Nature's Harmony® Herbal Insomnia contains wild lettuce leaf, mistletoe herb, passion flower herb, hops flower, valerian root extract and chamomile flower.

Recommended Daily Allowance: N/A

Food Sources: None.

Causes of Deficiency: Stress, anxiety, change of routine.

Symptoms of Deficiency: Insomnia, anxiety.

Complementary Nutrients: Vitamin B12.

HOW IT WORKS:

The select ingredients in Herbal Insomnia each have a sedative or relaxant effect on the body and mind:

- Wild lettuce leaf contains several chemicals that act as a sedative.
- Mistletoe herb powder is a mild tonic that gently impacts the nervous system.
- Passion flower herb affects the nervous system, creating a relaxed state of being.
- Hops flower helps relax the nervous system; it has been used traditionally for irritability, insomnia and nervous conditions.
- Valerian helps induce sleep by interacting with certain brain receptors called GABA and benzodiazepine to increase sleep.
- Chamomile is a gentle muscle relaxant.



DID YOU KNOW...

In World War II a chemical constituent of passion flower called Harmine was used as a truth serum because of its natural ability to relax the mind.

Herbal Insomnia


RESEARCH:

Each of the ingredients in Herbal Insomnia has a long history in traditional medicine. Valerian, one of the most extensively studied herbs, has been shown to have a significant impact on sleeping problems.

INTERACTIONS AND SAFETY CONSIDERATIONS:


Consult with a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner if sleeplessness persists continuously for more than three weeks (chronic insomnia) or if symptoms persist or worsen. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Exercise caution if operating heavy machinery or driving a motor vehicle within two hours of consumption. Contraindicated in protein hypersensitivity and chronic progressive infections such as tuberculosis and AIDS.

LABEL:



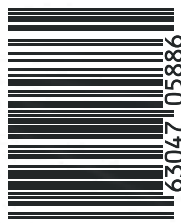
Formule à base de plantes contre l'insomnie
Remède phytothérapeutique traditionnel
Favorise le sommeil
90 comprimés
NPN 02245156

Usage recommandé: Remède phytothérapeutique traditionnel. Favorise le sommeil.
Dose recommandée (adultes): Prendre 1 ou 2 comprimés en soirée ou au besoin pour vous aider à dormir et à vous détendre.
Ingédients médicinaux: Chaque comprimé contient:
Fleur de passiflore (*Passiflora incarnata*).....80 mg
Extrait de racine de valériane (*Valeriana officinalis*) à 4:1 (équivalent à 200 mg de plante fraîche).....50 mg
Fleur de houblon (*Humulus lupulus*).....50 mg
Bridelles et feuilles de gui (*Viscum album*).....50 mg
Feuille de laitue sauvage (*Lactuca virosa*).....40 mg
Extrait de fleur de camomille (*Matricaria recutita*) à 4:1 (équivalent à 60 mg de plante fraîche).....15 mg
Ingédients non médicinaux: phosphate tricalcique, amidon de maïs, stéarate de magnésium, dioxyde de silicium.
Information sur les risques: Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte ou allaitante. Consulter un praticien de soins de santé si l'insomnie persiste de façon continue pendant plus de trois semaines (insomnie chronique), ou si les symptômes persistent ou s'aggravent. L'utilisation du produit avec l'alcool ou avec d'autres médicaments ou produits de santé naturels ayant des propriétés sédatives n'est pas recommandée. User de précaution dans les deux heures suivant la consommation, si vous opérez de la machinerie lourde ou conduisez un véhicule. Contre-indiqué dans les cas d'hypersensibilité à la protéine ou d'infections progressives chroniques telles que la tuberculose et le sida. Ce produit ne contient ni ingrédients laitiers, œuf, gluten, lactose, noix, crustacés, soja, sulfites, levure, dérivés d'origine animale, ni colorants, arômes ou agents de conservation artificiels.
RANGER DANS UN ENDROIT FRAIS ET SEC.
TENIR HORS DE LA PORTEE DES ENFANTS.



Herbal Insomnia Formula
Traditional Herbal Medicine
Promotes Sleep
90 Tablets
NPN 02245156

Actual Size Grandeur réelle
DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.
Manufactured for / Fabriqué pour : Purity Life Health Products
A division of/Une division de SunOpta Inc.
6 Commerce Crescent, Acton ON L7J 2K3
For more information visit www.naturesharmony.com or call 1-877-929-2548. Pour plus d'information, visitez le site www.naturesharmony.com ou composez le 1 877 929-2548.



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Recommended Use: Traditional herbal medicine. Promotes sleep.
Recommended Dose (Adults): Take 1 or 2 tablets in the evening, or as required as an aid in sleep and relaxation.
Medicinal Ingredients: Each tablet contains:
Passionflower (*Passiflora incarnata*) flower.....80 mg
Valerian (*Valeriana officinalis*) root extract 4:1 (equivalent to 200 mg raw herb).....50 mg
Hops (*Humulus lupulus*) flower.....50 mg
Mistletoe (*Viscum album* twigs and leaves).....50 mg
Wild lettuce (*Lactuca virosa*) leaf.....40 mg
Chamomile (*Matricaria recutita*) flower extract 4:1 (equivalent to 60 mg raw herb).....15 mg
Non-medicinal ingredients: Tri-calcium phosphate, corn starch, magnesium stearate, silicon dioxide.
Risk Information: Consult with a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner if sleeplessness persists continuously for more than three weeks (chronic insomnia) or if symptoms persist or worsen. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Exercise caution if operating heavy machinery or driving a motor vehicle within two hours of consumption. Contraindicated in protein hypersensitivity and chronic progressive infections such as tuberculosis and AIDS. This product does not contain dairy, egg, gluten, lactose, nuts, shellfish, soy, sulfites, yeast, animal derivatives, or artificial colours, flavours or preservatives.
STORE IN A COOL DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.