






# SLEEP / CALM

## REVITALISE YOUR IMMUNITY & OPTIMISE RECOVERY

Find your calm and enjoy more restful nights with Sleep/Calm — a Naturopathically crafted blend of herbs and nutrients designed to support relaxation and healthy sleep cycles.

-  **Struggling with getting to sleep?** Calm the mind and enter a blissful state.
-  **Waking up in the middle of the night?** Wake up refreshed instead.
-  **Struggling to get up and going?** Energize mornings, and banish fatigue.
-  **Is your nervous system always stimulated?** Calm nerves, and find serenity.
-  **Restless, kids?** Chamomile soothes, promoting calm and relaxation.

This Naturopathic formula helps soothe the mind, ease nervous tension, and support your body's natural rhythms so you can drift off more easily and wake up feeling revitalised. Perfect for those wanting to improve their nightly routine and reduce feelings of fatigue, Sleep/Calm offers natural, gentle support for your best sleep yet.

### Supplement Facts

Serving Size: 2.9 Grams / 1 flat tsp  
Serving Per Container: 45

| Amount per serving   | % Daily Value ^ |
|--|-----------------|
| L-Glycine  | 350 mg          |
| Magnesium Citrate (equiv. 55 mg magnesium)                           | 350 mg          |
| Tart Cherry (Prunus cerasus) 5% procyanidins (<0.5 mg melatonin)     | 350 mg          |
| L-Theanine   | 250 mg          |
| Passion Flower (Passiflora incarnata) 10:1 (equiv. 2500 mg dry herb) | 250 mg          |
| Lavender (Lavandula angustifolia) 10:1 (equiv. 2000 mg dry herb)     | 200 mg          |
| Chamomile (Matricaria chamomilla) 10:1 (equiv. 1500 mg dry herb)     | 150 mg          |
| Astragin® (Panax notoginseng and Astragalus membranaceus)            | 50 mg           |
| Synergistic Proprietary Polyphenol, Flavonoids & Anthocyanins Blend  | 400 mg          |
| Chokeberry (Aronia melanocarpa) 10:1                                 | *               |
| Amla Berry (Phyllanthus emblica) 10:1                                | *               |





Discover a soothing blend designed to help you unwind and support restful sleep. Our formula combines magnesium with L-Glycine to encourage relaxation and promote healthy sleep architecture. Tart cherry, a natural source of melatonin, helps regulate sleep rhythms, complemented by antioxidant-rich Aronia berry. Theanine and Chamomile help ease anxiety for pre-sleep calm, while Passionflower and Lavender provide gentle stress relief and cognitive support. AstraGin® enhances absorption, helping your body benefit fully from these natural ingredients.

