



HOPS AND VALERIAN WITH PASSIONFLOWER (100 CAPS.)

PRICE: **22,00** EUR

SHIPPING TIME: 24 GODZINY

Catalogue no.: PL940

EAN code: PL940

DESCRIPTION OF THE

ITEM

Hops & Valerian with Passionflower

DIETARY SUPPLEMENT

Sleep, or rather its appropriate length and quality, has a huge impact on our health. An adult should sleep 7-8 hours a day. Lack of sleep does not only result in a bad mood, but also strongly affects our concentration, memory, and ability to make logical decisions.

We sleep less and less, and the quality of our sleep is getting increasingly worse. One of the reasons for this is the omnipresent stress—one of the greatest enemies of our health.

Hops & Valerian with Passionflower is a composition tailored for times of constant pursuit. Work, exams, appointments... Today, stress is present in almost every aspect of our lives.

We all need a break.

A combination of calming and relaxing herbs: Hops, Valerian and Passionflower has soothing and anti-stress effects.

Hops (*Humulus lupulus*) has a calming effect and thus supports the central nervous system.

The Valerian root (*Valeriana officinalis*) affects healthy sleep and helps to maintain proper cognitive functions (e.g. memory).

The Passionflower (*Passiflora incarnata*) promotes falling asleep, produces a soothing deep sleep, and increases the body's resistance to stress.

INGREDIENTS:

Valerian root (*Valeriana officinalis*), powdered aboveground parts of Passionflower (*Passiflora incarnata*), capsule coating (gelatine, water), Hop flower powder (*Humulus lupulus*).

KEY INGREDIENTS:

Content in the recommended dose (2 caps):

Hop flower powder (*Humulus lupulus*).....196 mg*
Valerian root (*Valeriana officinalis*).....324 mg*
Aboveground Passionflower parts (*Passiflora incarnata*)....260 mg*

*Nutrient reference values not set

RECOMMENDED DAILY DOSE:

Take 2 capsules a day during the meal.

Do not exceed the recommended daily dose.

Consumption of the product is not recommended for pregnant women.

Store in a dry and cool place, out of reach of small children.

Nature's Sunshine encourages a healthy lifestyle. Food supplements should not be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are the basis for the proper functioning of the body.
