



Contains passionflower traditionally used in Western herbal medicine for its **sedative action**. Plus herbs that assist with mild **insomnia, poor quality sleep, restlessness** and **mild anxiety** in traditional Chinese and Western herbal medicine.

KEY BENEFITS

- ✓ Contains herbs traditionally used in Western herbal medicine (WHM) for their sedative and hypnotic actions
- ✓ Assists with poor quality sleep including difficulty falling asleep and frequent waking based on use in WHM and traditional Chinese medicine (TCM)
- ✓ Includes herbs traditionally used in TCM and WHM to help relieve mild anxiety, nervous tension and irritability

PRODUCT FEATURES

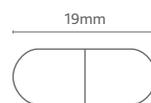
- ✓ Synergistic blend of Chinese and Western herbs
- ✓ Non-habit forming
- ✓ Does not cause daytime drowsiness
- ✓ Suitable for children from 6 years

ACTIVE INGREDIENTS

Each tablet contains extracts equivalent to dry:

| | |
|--|-------|
| Ziziphus (<i>Ziziphus jujuba</i> var. <i>spinosa</i>) seed | 750mg |
| Passionflower (<i>Passiflora incarnata</i>) herb | 500mg |
| Albizia (<i>Albizia julibrissin</i>) stem bark | 375mg |
| Polygala (<i>Polygala sibirica</i>) root | 375mg |
| Poria (<i>Wolfiporia cocos</i>) mushroom | 350mg |
| Biota (<i>Biota orientalis</i>) seed | 300mg |
| Schisandra (<i>Schisandra chinensis</i>) fruit | 150mg |

Suitable for vegans and vegetarians. NO artificial colours, flavours or preservatives, added yeast, gluten, wheat, nuts or dairy products.



DOSAGE

Adults: Take 2-4 tablets one hour before bed.

Child 6-12yrs: Take 1-2 tablets one hour before bed.

Child under 6 years: Take as professionally advised.

CAUTIONS/CONTRAINDICATIONS

- Use with caution in patients with diarrhoea or gastric ulcers.
- Not recommended during pregnancy and breastfeeding.

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Made in Australia.

BACKGROUND INFORMATION

THE IMPORTANCE OF SLEEP

Sleep is known as the rest and repair phase for our body, with many physiological functions occurring during sleep. Sleep requirements can vary from person to person, but most healthy adults need approximately 7-9 hours of sleep a night. A lack of sleep and poor quality sleep can affect health - a shorter sleep time has also been associated with symptoms of mental stress such as mild anxiety and irritability.

In Australia 40% of females and 26% of males experience difficulty in falling asleep. 47% of females wake often overnight, a problem that significantly increases with age.

TRADITIONAL CHINESE MEDICINE (TCM) AND SLEEP

In TCM, the *Shen* refers to the psycho-emotional aspect of a person, often translated as the mind or spirit. The *Shen* is said to govern our emotions, mental functions and consciousness; and is intimately associated with the Heart organ (note, not the Western understanding of heart). At night, the mind is said to be anchored or housed in the Heart blood. If Heart blood is deficient, the mind therefore 'floats', manifesting as an inability to fall asleep, frequent waking during the night or vivid dreaming.

Emotional episodes can disturb the *Shen* while factors such as diet, over-exertion or excessive blood loss can deplete Heart blood and contribute to mild insomnia. Accompanying signs and symptoms may include mild anxiety.

Calming and anchoring the *Shen* by nourishing Heart blood are important therapeutic strategies in TCM to address sleep disturbances.

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HERBS TO SUPPORT SLEEP



Passionflower is used in WHM to aid poor sleep due to mental stress due to its sedative, hypnotic and anxiolytic actions. In WHM its known to assist with mild insomnia and poor quality sleep, irritability, mild anxiety and restlessness.



Zizyphus is used in TCM to nourish the Heart, to assist with mild insomnia, irritability, mild anxiety and restlessness. In TCM zizyphus helps with poor quality sleep including difficulty falling asleep and frequent waking.



Polygala is used in TCM to calm the mind (*Shen*) and nourish the Heart to help promote sleep and assist with mild insomnia and restlessness.



Schisandra is used in TCM to relieve symptoms of mild insomnia, mental stress, anxiety, irritability and restlessness.

The formula is further supported with **albizia, biota and poria**.



COMPANION PRODUCTS

Stress & Anxiety - Contains herbs traditionally used in Ayurvedic medicine to improve resistance to stress as well as herbs to relieve symptoms of mild anxiety in TCM.



Magnesium Advanced - Supports healthy muscle, nerve function and maintains healthy sleeping patterns when associated with inadequate magnesium intake.