



PROBIOTIC HERBS SLEEPING *formula*



with
PREBIOTICS
and
PROBIOTICS

Fermented nutrients
from herbs for a
better nights' sleep.

One hundred year old fermented Russian herbal formula for sleep

A sound sleep is essential to help our bodies repair. The herbs valerian and motherwort used in this special blend are known to assist with sleep, mood and anxiety.

Why is sleep so important?

Sleep deprivation can be serious. Every aspect of our lives from mood to immunity, digestion to hormones, is regulated by the quality and quantity of our sleep. Our body is designed to rest and repair as the sun goes down. Digestion, metabolism and mental activity all slow down and detoxification occurs, especially in the brain leaving us clear and focused for the day ahead.

Why probiotics?

Often referred to as 'good bacteria' probiotics are live bacteria essential for a healthy, functioning digestive and immune system. A healthy digestive system should have over 1.5kg of good bacteria. However this can become compromised from poor diet and processed foods, antibiotics and other lifestyle factors. Once our gut becomes compromised we lose the ability to extract the precious nutrients from the food we eat. Not only do probiotics assist our digestive, immune and nervous system, they also assist in breaking down our food to release the vitamins and minerals. *Probiotic Herbs Sleeping Formula* offers probiotic support with the added benefits of the fermented herbs for better sleep, mood and anxiety.

100% Organic

PROBIOTIC HERBS SLEEPING formula

Our *Probiotic Herbs Sleeping Formula* contains specially selected herbs that have been fed to our super-culture of probiotics, which break down the herbs for up to 3 weeks. The end result is a nutrient rich product that is easily absorbed by our bodies.

Valerian root powder is known for it's ability to calm the central nervous system. The power of the fermenting bacteria magnifies the healing properties of valerian and other herbs.

You can take *Probiotic Herbs Sleeping Formula* knowing with confidence it's **made without** artificial flavours or colours, dairy, preservatives, sweeteners, or GMOs. Certified Organic and made with gluten free foods.



**PROCESSED
USING
A Natural Organic
FERMENTATION
PROCESS.**

Certified Organic **INGREDIENTS:**
Valerian Root Powder,
Motherwort Powder, Dill Seed,
Thyme Leaf and Honey.



*“I felt calmer and more focused.
Things that would have naturally rattled me, were no
longer as stressful. I felt less anxious during the day
and that spilled over into the night.”*



FAQs

What quantity should I take and when should I take it?

For insomnia take ½ – 1 tsp of Probiotic Herbs Sleeping Formula an hour before bed. For anxiety, smaller amounts of ¼ tsp three times a day. Preferably taken on an empty stomach and with pure water.

Do I stop other medications?

PRECAUTIONS FOR USE: Probiotic Herbs Sleeping Formula may interact with other herbs, drugs and prescription medications. Due to lack of safety information, we suggest you do not use while pregnant, breastfeeding, pre or post-surgery. If unsure please consult your practitioner.

Am I getting the same beneficial bacteria as from other Probiotic Foods products? Is it the same strains of good bacteria and bacteria count?

Yes we use the same mother culture as the rest of the Probiotic Foods range. So the same benefits of the good bacteria come with the herbs.

YOUR STOCKIST

