

### Ingredients and their Traditional Actions:



#### Avena Sativa 4X

Relief from nervous exhaustion and the inability to keep the mind on any one subject.

## Coffea Arabica 14X

To help relieve insomnia, restlessness, racing thoughts, and encourage restful sleep.





## Passiflora Incarnata 4X

Helps against restlessness and wakefulness especially in the aged, the mentally worried and the overworked.

**Zincum Isovalerianicum 6X** Promotes sleep and reduces agitation.









State of the Art GMP Certificated Manufacturing Facilities in Baden Baden, Germany.



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- Handy carry-everywhere 50 tablet pot.
- Manufactured to GMP standards by Biologische Heilmittel Heel GmbH.
- World leader in homeopathic combination medicines.
- Distributed throughout the world in over 50 countries.
- Assured quality with over 75 years of manufacturing and medical treatment.





Posology and Method of Administration

This product is not recommended for use in children or adolescents under 18 years.

#### Adults and the elderly:

Take one tablet three times daily.

#### Adults and the elderly:

If needed one tablet could be taken every 1/2 hour to 1 hour up to 12 times for the first 24 hours.

The tablets should be allowed to dissolve completely in the mouth at least 30 minutes before meals.

#### **Duration of Use:**

If the condition worsens or if symptoms do not improve within 7 days, consult a doctor or healthcare professional.



MARKETING AUTHORISATION NUMBER NR 08927/0017





Used within the Homeopathic Tradition for the Supportive Treatment of Nervous Restlessness and Associated Sleep Disturbances.

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