

NutraControl Sleepmix Tea

Preparation

1 teabag per cup. Pour boiling water over tea and steep (cover the cup) for 2-10 minutes (determine your personal tolerance level) and drink about an hour before bed. You are also encouraged to drink as much as you want throughout the day. (**NOTE:** people on blood-thinning medication should consult their healthcare provider before drinking large quantities of chamomile.)

Ingredients Actions & Indications:

Chamomile *Matricaria recutita*

- anxiety
- insomnia
- diaphoretic
- nervine
- anti-spasmodic
- migraine
- neuralgia

Skullcap *Scutellaria lateriflora*

- anxiety
- insomnia
- nightmares
- restless sleep

Catnip *Nepeta cataria*

- diaphoretic
- sedative
- anti-spasmodic
- nervine
- indigestion

Peppermint *Mentha piperita*

- diaphoretic
- sedative
- anti-inflammatory
- anti-spasmodic
- analgesic
- aromatic

Yarrow *Achillea millefolium*

- diaphoretic
- hypotensive
- astringent
- anti-inflammatory
- hepatic
- diuretic
- fever
- intestinal irritation

Hops *Humulus lupulus*

- insomnia
- anxiety
- restlessness
- headache
- indigestion
- nervine
- astringent

PRECAUTIONS & DISCLAIMER: Do not use in cases with marked depression (Herbal Materia Medica). Note: this information is an incomplete synopsis from the Materia Medica. Please consult your healthcare practitioner for more complete information. Sleepmix Tea has not been approved by the FDA, and Nutracontrol makes no claims as to the efficacy of this product. All content presented on this site is for informational purposes only and is not intended to treat or diagnose. Please consult your healthcare practitioner before taking this or any other supplement or herbal product.