



Lullaby GLYCERITE

PROMOTES SLEEP
Calming

NPN 80017654
30 ml

Each ml contains

Catnip	fresh leaf and flower	<i>Nepeta cataria</i>	1:2	165 mg	Organic
Green Oatstraw	fresh aerial parts	<i>Avena sativa</i>	1:3	106 mg	Organic
Chamomile	fresh flower	<i>Matricaria recutita</i>	1:3	106 mg	Organic
Valerian	fresh root	<i>Valeriana officinalis</i>	1:3	26 mg	Organic
Pure vegetable glycerin, certified organic					

DOSAGE

TODDLER UNDER 2 YEARS

Consult a health-care practitioner.

CHILDREN 2-4 YEARS

INTERVENTION: 0.2 ml, 3 times per day.

TREATMENT: 0.4 ml, once a day, 30 minutes before bedtime.

CHILDREN 5-9 YEARS

INTERVENTION: 0.4 ml, 3 times per day.

TREATMENT: 0.8 ml, once a day, 30 minutes before bedtime.

DIRECTION FOR USE

Dilute in a mouthful of water.

MODE OF ACTION

Lullaby glycerite is used to support the nervous system of children who have difficulty sleeping. Used before bedtime, this compound promotes a state of calm that is conducive to sleep. The sedative herbs help fall asleep and promote a regenerative sleep. It is a precious ally for occasional sleep disturbances, whatever the cause.

This compound contains nervines that are both tonic and calming of the nervous system. These herbs support the functioning of the nervous system and reduce the recurrence of sleep disturbances. Lullaby glycerite calms and appeases the child, reduces irritability, agitation and nervousness. It is used during teething, for colic, stress or infectious diseases that are often accompanied by agitation. It is efficient against anxiety, calms mental hyperactivity that can hinder sleep and cause occasional sleep disturbances. Catnip and chamomile, two herbs that act on both the nervous and digestive systems, ease gastro-intestinal troubles due to stress.

CATNIP: a specific herb for children, catnip calms those who are nervous and agitated. It calms the nervous system, reduces irritability and anxiety. Catnip promotes calm which helps fall and stay asleep.

GREEN OATSTRAW: as a nourishing tonic, green oat normalizes the functioning of the nervous system. It is indicated in all conditions where the nervous system needs to be supported.

CHAMOMILE: a soothing herb that reduces mental hyperactivity and calms nervous tension. Mildly sedative, it also helps digestion and reduces inflammation in the digestive system.

VALERIAN: mild but efficient sedative, the valerian in this compound soothes the nervous system, reduces agitation and favours sleepiness and sleep.

HELPFUL ASSOCIATIONS

GREEN OATSTRAW infusion for hyperactivity and nervous troubles.

CHAMOMILE or **CATNIP** infusion for irritability and nervousness.

TEETHING DROPS to ease teething pain.

ECHINACEA PROPOLIS for cold and flu.

PLANTAIN SYRUP to soothe cough.

ETHNOBOTANY

Nervous system: occasional sleep disturbances, irritability, hyperactivity, agitation, nervousness.

Digestive system: abdominal cramps due to stress.

CONTRA-INDICATIONS

Consult a health care practitioner if sleeplessness worsens or persists for more than 3 weeks. Do not take if there are known allergies to the Asteraceae family. Hypersensitivity is known to occur, in which case, discontinue use.

INTERACTIONS

None known.

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten or GMOs.

