

Dreamtop CAPSULE

INSOMNIA

Promotes restorative sleep

NPN 80016574

85 CAPSULES

252 mg/CAPSULE



Composition				
Catnip	leaf and flower	<i>Nepeta cataria</i>	42 mg	Organic
Chamomile	flower	<i>Matricaria recutita</i>	42 mg	Organic
Green Oatstraw	aerial part	<i>Avena sativa</i>	42 mg	Organic
Passionflower	aerial part	<i>Passiflora incarnata</i>	42 mg	Organic
Skullcap	aerial part	<i>Scutellaria lateriflora</i>	42 mg	Organic
Valerian	root	<i>Valeriana officinalis</i>	42 mg	Organic
Vegetable cellulose capsules				

DOSAGE

TREATMENT: 4 capsules at bedtime, for a maximum of 6 weeks.

DIRECTIONS FOR USE

Take 30 minutes before bedtime with a little warm water or infusion. Start with a small dose to insure herbs are well tolerated.

MODE OF ACTION

Dreamtop is specifically conceived to treat insomnia. It helps fall asleep, reduces nocturnal awakenings and improves the quality of sleep. The efficiency of this compound resides in the balance of the herbs it contains. Calming herbs (chamomile, skullcap, catnip) soothe and prepare for sleep. The sedative herbs (passionflower, valerian) act directly to induce a deep sleep. The nervines (green oatstraw, skullcap) strengthen the nervous system and increase its resilience along with the nourishing herbs (green oatstraw, chamomile) that supply essential nutrients for the proper functioning of the nervous system. The antispasmodic herbs (passionflower, valerian) complete the action of this compound by relaxing tension in the body that can affect the nervous system and disturb sleep.

The synergy of the herbs contained in Dreamtop provides a sleep aid in the short term and balances and reconstructs the nervous system if used long term. This compound is effective for occasional as well as chronic sleep disturbances. For chronic insomnia, it is best used combined with large doses of infusion of trophorestorative herbs for the nervous system, such as green oatstraw.

GREEN OATSTRAW: nourishing and mineralizing. Its high concentration of minerals and trace elements nourishes the nervous system and normalizes its functions. It is calming, reduces irritability and is indicated in all conditions where the nervous system needs support.

CHAMOMILE: a calming and soothing herb, chamomile reduces nervous tension and mental hyperactivity and is mildly sedative. It is very effective to relieve intestinal cramps and inflammation of the digestive system.

CATNIP: is specifically indicated when there is a nervous condition accompanied by mental hyperactivity. It appeases those who are nervous or agitated and reduces irritability and anxiety. Catnip promotes calm that helps fall and stay asleep. As an aromatic herb, it also soothes abdominal discomfort such as digestive cramps.

PASSIONFLOWER: is effective for long-term treatment of stubborn and chronic insomnia. Passionflower is sedative, hypnotic, tranquilizing and antispasmodic. Is it also used to treat pain and calm spasms.

SKULLCAP: a nervine, skullcap tones and reconstructs the nervous system. It is calming and toning during acute conditions (insomnia, anxiety, anguish) and also supports the general functioning of the nervous system. Mildly sedative, skullcap relieves sleep difficulties without causing drowsiness. It is a heart tonic and reduces muscle spasms and tension. It can be used as a treatment or in prevention.

VALERIAN: the valerian in this compound soothes the nervous system, reduces agitation, nervous irritability and anxiety. As a sedative, it helps fall asleep and improves the quality of sleep. It also relaxes smooth muscles.

HELPFUL ASSOCIATIONS

LEMON BALM infusion for occasional sleep difficulties.

PASSIONFLOWER for chronic sleep disturbances.

ASHWAGANDHA anxiety and sleep disturbances caused by stress.

SKULLCAP tincture for anxiety.

GREEN OATSTRAW infusion for nervous conditions.

ETHNOBOTANY

Nervous system: sleep disturbances, nightmares, frequent awakenings, anxiety, nervousness, mental hyperactivity, nervous tension, stress.

CONTRA-INDICATIONS

Consult a health care practitioner if insomnia persists beyond 3 weeks (chronic insomnia). Can cause drowsiness. Do not use when pregnant or breastfeeding. Do not use if allergic to herbs of the daisy family.

INTERACTIONS

Do not take simultaneously with other sedatives.

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Made according to GMP.

Kosher, vegan and non-irradiated.

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

