

Dave's Sleep Spray

- **Natural sleep remedy**
- **Nerve support**
- **Muscle support**

Sleep Spray is a combination of calming herbs designed to support nerve and cardiovascular function along with herbs high in minerals for muscle and joint health (relaxing too).

In our modern world of non-stop hustle and stress over-stimulation may prevent a good night's sleep. This is a new formula for those that have used sleep formulas with Valerian and have not had the desired results. Valerian can have a stimulating effect in 10 – 15% of people.

The Sleep Formula Spray delivery system is unique as several sprays are used an hour before the desired sleep time and then use right before bed. It can be use if awake during the night. It is so convenient that you can keep it on your night stand if wakened during the middle of the night. No capsules or tablets mean that it gets in your system faster and there's no need for water at night.

This is a nerve calming formula that supports the cardiovascular system. The Chinese have a saying that the heart governs the sleep. This formula supports the adrenal glands as some people are too tired to sleep. This formula also helps to support the digestion as this is often a reason for not having the perfect sleep.

Formula includes: Hawthorn berries, Jiaogulan, Lemon balm, Yarrow, Eyebright, and Trace minerals.



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Herbal Formula

Eyebright has been used traditionally to support healthy eyes. Chinese traditional medicine believes eyesight is linked to liver health. It is also supportive for normal gastrointestinal function (hard to sleep with digestive problems) and respiratory support.

Hawthorn berry has been used for hundreds of years as a heart tonic to support overall cardiovascular function and is a super antioxidant. Hawthorn also assists in maintaining nervous system function.

Jiaogulan is an adaptogen (normalizes stress levels as well as nourishing the adrenal glands). It is cultivated in Japan, Korea, and China, and supports healthy liver function and has many ginseng-like properties.

Melissa (Lemon balm) has been used as a relaxant and cardiovascular tonic as well as promoting restful sleep. It assists in normal muscle function and a healthy digestive tract. Melissa helps to support symptoms of stress and also symptoms of uncomfortable periods.

Yarrow is a digestive herb assisting with symptoms of bloating and gas. It has been used in aiding respiratory and urinary systems, and for symptoms of uncomfortable periods.

Trace minerals support the body by providing for body repair.

Traditional herbal uses

- Adrenal support
- Cardiovascular health
- Digestive support
- Mental calming
- **Nerve support**
- **Sleep support**
- Stress symptom support