

NHP 16 SLEEP EASY

The ingredients are known to help with sleeping problems. Excellent for those who toss and turn in the night. (80 capsules)

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Semen Zizphi Spinosea

Ingredients:

Semen zizphi spinosea (Chinese Seeds
jujube)

Stylus zae (Cornsilk)

Silk

10% other herbs

Can be combined with:	5, 9, 25, 26, 27, 28, 29 and 30. Select one only to combine for effective use.
Recommended Use:	Take 2 to 3 capsules before sleeping. Avoid foods and beverages containing caffeine.
Meridians:	Heart, liver

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