

**NHP 16 - SLEEP EASY FORMULA**  
bottle

80 capsules per

According to the Chinese approach to health, the ingredients are known to help with sleeping problems, a result of heart energy issues. Sleeping is very important for health and well-being. Without proper sleep our bodies become very fragile, creating problems such as stress, blood pressure issues, headaches etc. Humans spend almost half of their lifetime sleeping. We need a good sleep every night. This product may help you sleep soundly. It is non-addictive and you cannot overdose on it.

**酸枣仁**



**Meridians / Systems:**  
heart and liver

**Recommended Use:**  
*Adults:* Take 2 or 3 capsules at bedtime.

**Restrictions / Notes:**  
Avoid foods and beverages containing caffeine.

**Can be combined with:**  
5, 9, 25, 26, 27, 28, 29, 30, 36, 43  
Select **ONE ONLY** to combine with for effective use.

**Programs to consider:** none