

Valerian, Hops & Lemon balm

This powerful calming formula combines the 'cure all' properties of Lemon Balm (used by herbalists throughout the world to help calm nerves and improve sleep) with Valerian. Hops have traditionally been used for mood disturbances such as restlessness, excitability and anxiety as well as sleeping difficulty and lack of appetite. Each Valerian, Hops & Lemon Balm soft gel capsule provides: 50mg Valerian Root Extract, 50mg Lemon Balm Extract and 15mg Hops Extract.

Benefits:

- Good for mood disturbances including restlessness, excitability & anxiety.
- Sedative properties of each individual ingredient make it a valuable sleep inducer.
- May encourage appetite. Buy Valerian, Hops & Lemon balm from one of our approved suppliers online now!