

End your day with a relaxing cup of Slumber Tisane, Herbal Tea.

Calming your mind and body with soothing, tranquil chamomile, comforting passion flower, and the sweet aroma of relaxing lavender. Masterfully blended Adaptogenic herbs of Ashwagandha root, Reishi Mushroom, and Schisandra Berries deliver gentle relief by helping to reduce stress delivering healthy, restorative sleep and relaxation. Adaptogens help regulate the production of cortisol, reducing stress. A relaxed, less stressful body allows for a better and more rejuvenating sleep.

“Sleep is the single most effective thing we can do to reset our brain and body health each day.”

- Matthew Walker, PhD, “Why we Sleep: Unlocking the Power of Sleep and Dreams.”

ANCIENT ADAPTOGENS



**ASHWAGANDHA
ROOT**



**REISHI
MUSHROOM**



**SCHISANDRA
BERRY**

Adaptogens are non-toxic plants that help the body resist stressors of all kinds, whether physical, chemical or biological. These herbs and roots have been administered for centuries in Chinese and Ayurvedic healing traditions.

Directions:

Pour 8 oz freshly boiled water over 1 sachet of Slumber.

Steep 5 to 10 minutes.

Squeeze sachet to ensure maximum goodness. Enjoy!

Disclaimer: If pregnant, nursing, taking medication, or have a medical condition, consult your physician before use.

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**Calming,
Comforting,
Soothing,
Relaxing
Herbs**

**Chamomile
Flowers**

**Passion
Flower**

**Natural
Honey
Flavor
WONF**

**Lavender
Flowers**

Stevia

Slumber

For more information contact: