

UK Product Name Slumber Time Tea **Code Name** MA1600

Availability Stock item in UK

Description Supports the natural and easy onset and continuation of refreshing sleep.

Sweet dreams
Get a good night's sleep and wake up feeling refreshed and renewed. The soothing herbs and spices in Slumber Time Tea help relax the mind-body connection for a better quality of sleep, so you can get the rest you deserve.

- . Aswagandha is a powerful adaptogenic and helps stabilize the mind and emotions
- Arjuna myrobalans is useful for calming and settling the emotions.
- . Jal Brahmi and Indian Pennywort are powerful medhya herbs, excellent for balancing and calming the mind.
- . Liquorice contributes the sweet taste, useful for pacifying both Vata and Pitta.
- . Cardamom is a tridoshic spice (good for balancing all three doshas).

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/teabag)
Glycyrrhiza glabra Linn.	Liquorice	root	1	12	204.0
Withania somnifera (L.) Dunal	Aswagandha	root	2	10	170.0
Terminalia arjuna W. & A.	Arjuna	bark	2	10	170.0
Mentha spicata	Spearmint	leaf	2	10	170.0
Elettaria cardamomum (Linn.)	Cardamom	fruit	2	10	170.0
Coriandrum sativum Linn.	Coriander	seed	6	9	153.0
Mentha piperita	Peppermint	leaf	7	8	136.0
Centella asiatica (Linn.) Urba	Indian Pennywort	whole plant	8	6	102.0
Trigonella foenum-graecum L	Fenugreek	leaf	10	5	85.0
Piper longum Linn.	Long Pepper	fruit	10	5	85.0
Bacopa monnieri (Linn.) Penn	Jal Brahmi	whole plant	10	5	85.0
Alpinia galanga (L.) Sw.	Greater Galangal	rhizome	13	3	51.0
Amomum subulatum Roxb.	Greater cardamom	fruit	14	2	34.0

Contraindications/Precautions None

Over dose and its Management An intake of 2-3 times more than the recommended dose is generally well tolerated. In case of intake more than this, skip the next dose. In case of discomfort consult your health advisor.

Side Effects and Interactions None known

Usage

Age Group All

Dosage Form 1.7g teabags

Method of Use Infuse the teabag for 5-7 minutes in boiled water. One bag makes on cup of tea. Add milk and sugar to taste. Take 2-3 cups of tea daily.

How Long to Continue Use? As desired

Specific Dietary/Lifestyle Advice

Presentation

Presentation 20 wrapped and tagged teabags in a cardboard box.

Net Weight grams 34

Storage Store in a cool, dry, dark place, tightly closed

Shelf Life (months) 24

Regulatory Status Food Supplement