

UK Product Name	Peace at Night Tea	Code Name	MA1600
Availability	Stock item in UK		

Description	<p>Supports the natural and easy onset and continuation of refreshing sleep.</p> <p>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.</p> <ul style="list-style-type: none"> . 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.) Duna	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.) Pen	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
--------------------------	-----------------