

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.
- . Licorice 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