



*The Healing Sanctuary*  
an affiliate of Mountain View Hospital

S U P P L E M E N T S

## Healing Bliss

*Indicated for Anxiety & Mental Health*

**Healing Bliss provides a unique blend of herbal extracts to do the trick. Pure 5-HTP extracted from the Griffonia seed, and passionflower come together to work in synergistic harmony.**

- *Reduces depression/anxiety*
- *Alleviates PMS & migraines*
- *Improves sleep*
- *Reduces insulin levels*
- *Reduces inflammation*
- *Lowers blood pressure*
- *Aids weight loss*
- *Boosts serotonin levels*

### Suggested Use

Take 1 capsule morning and evening or as directed by a qualified health professional. DO NOT take while on an SSRI, Carbidopa, Sumatriptan or Tramadol.

**Quantity:** 100 Capsules.

### Other Ingredients

Inositol, Magnesium Stearate & Gelatin Capsule.

### This Formula Includes:

#### **5-HTP** (*From Griffonia simplicifolia seed*)

Made from tryptophan, is a precursor to serotonin, which helps relay signals between brain cells and regulates mood and behavior. As a result, supplementing with 5-HTP is highly beneficial for improving sleep, mood, anxiety, appetite, migraines, weight management, and pain sensation in fibromyalgia.



#### **Passionflower** (*Passiflora*)

By increasing levels of the brain chemical GABA, passionflower can improve menopausal symptoms, PMS, insomnia, depression, anger, headaches, and help balance hormones. It has also been shown to aid in lowering blood pressure, reducing anxiety, addressing ADHD symptoms, reducing insulin levels, and lowering system-wide inflammation.



*The ingredients in this product are supplied by the well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.*