



The Healing Sanctuary
an affiliate of Mountain View Hospital

S U P P L E M E N T S



Healing Sleep

Indicated for Insomnia & Anxiety

This formula supports relaxation and healthy sleep patterns.

- **By augmenting stress and anxiety (using the reducing properties found in these botanicals) that can then synergistically helps quiet the mind for improved restorative rest.**

Suggested Use

Take 2 capsules before bed or as directed by a qualified health professional.

Quantity: 60 Capsules.

Other Ingredients

Inositol, L-Theanine and Gelatin Capsule.

This Formula Includes:



Passionflower (*Passiflora*)

Can help with anxiety and sleep issues, pain, heart rhythm problems, menopausal symptoms and ADHD.



Valerian (*Valeriana officinalis*)

Can help reduce the amount of time it takes to fall asleep and may help produces better sleep.



CA Poppy (*Eschscholzia californica*)

Known to have a calming effect. Can help promote relaxation, reduce mild pain, and enhance sleep.



Lavender (*Lavandula angustifolia*)

Has a calming effect on the body, helps reduce inflammation, and relieve pain.

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.