



Children's Lavender Dreams™

by CEDAR BEAR NATURELES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

A Soothing Herbal Formula that Relaxes Children's Nerves and Muscles

Is your child tense, anxious, or has trouble winding down to get to sleep? For many children, there are times that tension strikes and nerves and muscles need a little help to relax.

Anxiousness, nervousness, and chronic pain can cause problems with muscle tension and can also lead to sleep difficulties. Frequent problems with emotional and muscle tension and too much lack of sleep can also lead to other health problems for children. It can become a vicious cycle.

Cedar Bear Naturales® provides a wonderfully effective and great tasting natural whole herb remedy for children that relaxes young people's nerves and muscles without the side effects of prescription drugs or over-the-counter remedies, a special concern for children.

For a gentle, natural nervous system and muscle relaxer, nothing beats Children's Lavender Dreams™. This formula is a calming nervine for soothing the central nervous system and gently relaxing muscle tension. This formula is also very calming and soothing to the digestive system, often a contributor to nervousness and muscle tension.

Used during the day, Children's Lavender Dreams™ can help to calm overactive behavior in some children, as well as muscle tension, nervousness and anxiousness. In the evening, this soothing herbal formula can help a child to relax and get to sleep. Try giving it in a cup of warm water for a calming herbal nightcap.

CONTAINS: English lavender flower, hops strobile, skullcap leaf/stem/flower, valerian root, passionflower leaf, schisandra berry, anise seed, licorice root, *mB!*™ Liquid Trace Minerals, and CBN™ nervine-based Aromaceutical Blend in a kosher vegetable glycerin/purified water TincTract® base.

SUGGESTED USE: 1/4–1/3 teaspoon (1.23–2 ml) 1 to 3 times a day, or as needed. Use only under adult supervision.

NOTE: Contains valerian root. Some overly active children may be energized by this formula rather than relaxed and should use Children's Focus•H™ instead.

MORE ABOUT THE HERBS IN THIS FORMULA:

- English Lavender Flower (*Lavandula angustifolia*) is a gentle acting sedative, antispasmodic herb used for centuries as a sleep aid and to reduce nervousness, fatigue, headaches, to soothe the digestive tract and to reduce gas.

- Hops Strobile (*Humulus lupulus*) relaxes the nervous system. This herb has been used as a sleep aid for over a thousand years, and works synergistically with valerian.

- Skullcap Leaf/Stem/Flower (*Scutellaria lateriflora*) is sedative, antispasmodic, and anti-inflammatory, and is used to calm nerves, anxiousness, nervous tension, and reduce muscle cramps.

- Valerian Root (*Valeriana officinalis*) has a natural tranquilizing and calming effect that reduces restlessness, nervousness, and emotional upsets without causing dependence. (Valium is based on this herb's active constituents.)

- Passionflower Leaf (*Passiflora incarnata*) has a moderate central nervous system relaxing action and is used to relieve muscle tension and calm anxiousness. It reduces nervousness that can cause sleep problems.

- Schisandra Berry (*Schisandra chinensis*) is relaxing and tonifying to the endocrine system. It is an adaptogenic herb that helps the body adapt to stress and helps to lift moods and function of the central nervous system.

- Anise Seed (*Pimpinella anisum*) has aromatic components that are very relaxing to the digestive system nerves.

- Licorice Root (*Glycyrrhiza glabra*) is soothing to the digestive tract, builds the adrenals and immune system, and moderates a fluctuating thyroid, a factor that is often involved in tension, anxiousness and nervousness.

- *mB!*™ is a proprietary micro-fractionated liquid trace mineral supplement made using the exclusive CBN™ Citritol™ process.

WORKS WELL WITH THESE CBN™ PRODUCTS:

Auto-Immune Nectar™, Calming Chamomile™, Gland•Aid™, Herbal Minerals™, Pain Away Willow Plus™, *microBURST!*™, Single TincTracts® of Chamomile Blossom, Kava Kava Root, Lobelia Leaf/Stem/Flower, Valerian Root, BTC™ Crisis/Stress Emergency Blend, BTC™ Focus & Calming.

Item #270–2 oz; #271–4 oz

Adults/Teens: Item #618–2 oz; #619–4 oz; #620–8 oz

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