



Kava Dreams™

by CEDAR BEAR NATURELES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

A Nervous System Calming Herbal Formula that Relaxes Muscles and Nerves

Muscle tension and emotional stress can be a real problem. It is possible to relax muscles and nerves without pharmaceutical drugs and over-the-counter medications by turning to herbs used for centuries to relax muscles and calm nerves.

Kava kava has been used for over three thousand years in the Polynesian Islands to relax muscles and nerves. One of this profoundly relaxing herb's uses was to bring down tensions during tribal gatherings.

Muscle tension, anxiousness, nervousness, and chronic pain can cause problems with occasional or chronic sleep difficulties. Frequent problems with emotional and muscle tension and too much lack of sleep can also lead to other health problems.

Cedar Bear Naturales® provides a wonderfully effective and great tasting natural whole herbal remedy that relaxes muscles and nerves without negative drug side effects.

For a natural muscle and nervous system relaxer, Kava Dreams™ works like a dream. This formula is a calming nerve for relaxing muscle tension and gently soothing the central nervous system. This formula is also very calming and soothing to the digestive system, often a contributor to muscle tension and nervousness.

Used during the day, Kava Dreams™ is calming to muscle tension, nervousness and anxiousness. In the evening, this soothing herbal formula can help with relaxation and can be an excellent sleep aid. Try it in a cup of warm water for a calming herbal nightcap.

CONTAINS: Kava root, hops strobile, valerian root, skullcap leaf/stem, passionflower leaf, schisandra berry, anise seed, licorice root, mBI™ Liquid Trace Minerals, and a special nerve-based Aromaceutical™ Blend in a kosher certified vegetable glycerin/purified water TincTract® base.

NOTE: Do not operate machinery directly after taking this formula. May energize hyperactive individuals who should use CBN™ Adreno•Build™ or Focus•H™ instead.

SUGGESTED USE: 1/3–1/2 teaspoon (2–2.46 ml) as needed.

MORE ABOUT THE HERBS IN THIS FORMULA:

• Kava Root (*Piper methysticum*) has been used for centuries by the Polynesians for its calming and relaxing qualities. It helps reduce pain, calms nerves, and lift moods. Kavalactones found in kava release tension in muscles and

bring relaxation. Kava helps improve mental functions and mood and is non-addictive.

• Hops Strobile (*Humulus lupulus*), an aromatic bitter herb, has a sedating nerve effect that is relaxing to the nervous system. This herb has been used as a sleep aid for over a thousand years, and works synergistically with valerian.

• Valerian Root (*Valeriana officinalis*) is one of the strongest sedating nerves known. (Valium is based on this herb's active constituents.) It has a natural tranquilizing and calming effect that reduces restlessness, nervousness, and emotional upsets without causing dependence or grogginess after using. This herb helps reduce menopausal sleeplessness.

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

• 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. Helps reduce nerve pain.

• 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*) contains aromatic components that are very relaxing to the nerves of the digestive system.

• 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.

• mBI™ is a proprietary micro-fractionated liquid trace mineral supplement made using the exclusive CBN™ Citritol™ process to enrich and assist important enzymatic processes.

WORKS WELL WITH THESE CBN™ PRODUCTS: Auto-Immune Nectar™, Calming Chamomile™, Focus•H™, Gland•Aid™, Herbal Minerals™, Pain Away Willow Plus™, microBURST!™, Single TincTracts® of Chamomile Flower, Lavender Flower, Lobelia Flower, Valerian Root, BTC™ Crisis/Stress Emergency Blend, BTC™ Focus & Calming.

Item #341 2 oz; #342 4 oz

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