



# Lavender Dreams™

by CEDAR BEAR NATURELES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

## A Soothing Herbal Formula that Relaxes Nerves and Muscles

Tense? Anxious? Can't sleep? Even for the healthiest of us, 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 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. It can become a vicious cycle.

Cedar Bear Naturales® provides a wonderfully effective and great tasting natural whole herb remedy that relaxes nerves and muscles without the side effects of prescription drugs or over-the-counter remedies.

For a gentle, natural nervous system and muscle relaxer, nothing beats 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, Lavender Dreams™ can help to calm overactive behavior in some individuals, muscle tension, nervousness and anxiousness. In the evening, this soothing herbal formula can help one to relax and get to sleep. Try 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 Mineral base, and a special nervine-based Aromaceutical™ Blend in a kosher certified vegetable glycerin/purified water TincTract® base.

NOTE: Do not operate machinery right after taking this formula. Hyperactive individuals may be energized by this formula and should take 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:

- Lavender Flower (*Lavendula angustifolia*) was used to help induce sleep in the Victorian era. This sedative, antispasmodic herb has been used for centuries as a sleep aid, to reduce nervousness, fatigue and headaches. It has an additional benefit of soothing the digestive tract and reducing gas.

- Hops Strobile (*Humulus lupulus*), an aromatic bitter herb,

has a sedating nervine 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 nervines 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/Flower (*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.

- mB!™ is a proprietary micro-fractionated liquid trace mineral supplement made using the exclusive CBN™ Citritol™ process to enrich and assist important enzymatic processes essential to healthy pregnancy.

### WORKS WELL WITH THESE CBN™ PRODUCTS:

Adreno•Build™, Antioxidant Berries Plus™, Auto-Immune Nectar™, Calming Chamomile™, Focus•H™, Glandular Aid™, Herbal Minerals™, Pain Away Willow Plus™, microBURST!™, Single TincTracts® of Chamomile Flower, Kava Root, Lobelia Flower, Valerian Root, BTC™ Crisis/Stress Emergency Blend, BTC™ Focus & Calming.

Item #618 2 oz; #619 4 oz; #620 8 oz

Children: Item #270 2 oz, #272 8 oz

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