

Great reasons for better sleep!

Quencia™ Proprietary Blend:

Jujube Date (Zizyphus jujube):

Is known to alleviate sleeplessness, nervousness, discomfort and mild anxiety. Jujube is slightly sedative and, according to traditional Chinese medicine, is believed to improve the flow of energy.

Schisandra (Schisandra Chinensis):

Schisandra is known to possibly alleviate mild depression, headaches and sleeplessness. As an adaptogen, it counteracts the toxic effects caused by stress.

Hops (Humulus Lupulus):

Hops is known to alleviate sleeplessness and nervousness. It has been used to relieve mild discomfort for centuries by European herbalists.

Reishi Mushroom (Ganoderma Lucidum):

Reishi Mushroom is a widely researched Japanese botanical. It has been used to normalize blood pressure. It possesses antioxidant properties and is commonly used to enhance energy and alleviate chronic fatigue. Also known to help mild anxiety, it will counteract the effects of excessive nervousness and is frequently used as a sleep aid.

Valerian (Valeriana Officinalis):

Valerian is one of the most important herbal sedatives. Valerian is a non-addictive tranquillizer that is used against sleeping disorders, restlessness and mild anxiety. Valerian is also used traditionally to

treat gastrointestinal pain and spastic colitis. It is also used to ease menstrual cramps, irritable bowel syndrome, some of the restlessness that accompanies attention deficit/hyperactivity disorder (ADHD) and migraine symptoms.

As a sleep aid, valerian seems to be most effective for people who have trouble falling asleep and who consider themselves to be poor sleepers. It also has had good results for people who wake up during the night.

Valerian does not interfere with sleep cycles or with restful REM sleep.

Helicidum (Doufugou):

Has been known to calm the nerves and is widely used to alleviate nervousness deriving from stress allowing for better and deeper sleep.

Melatonin:

Melatonin is a hormone produced in the pineal gland, a small gland in the brain that helps regulate sleep and wake cycles. It can also alleviate certain forms of mild anxiety and depression. It is widely used in the prevention of jet-lag.

Melatonin is also being studied for the treatment of epileptic seizures.

It may have many other uses and has been reported to make people feel better, strengthen the immune system, and reduce free radicals in the body.