

Insomnia/Stress Spray

NATURAL HOMEOPATHICS



Item# VH-IS
2 Fl. Oz

Product Indication: For the temporary relief of insomnia and may be used to combat stress, restlessness, nervousness and tension.

Ingredients: HPUS; Valeriana 2X, Chamomilla 2X, Scutellaria Laterfolia 2X, Passiflora 3X, Ignatia Amara 6X, Coffea Cruda 6X, Humulus Lupulus 1X, Lycopodium 30C, Avena Sativa 2X.

Valeriana 2X

- Sleepless, with nightly itching and muscular spasms

Chamomilla 2X

- Drowsiness with moaning , weeping and wailing during sleep
- Anxious, frightening dreams

Scutellaria Laterfolia 2X

- Night terrors
- Sleeplessness
- Headaches in front and base of brain

Passiflora 3X

- Restless and wakeful, resulting from exhaustion
- Nocturnal cough

Ignatia Amara 6X

- Very light sleep
- Jerking of limbs
- Violent yawning

Coffea Cruda 6X

- Wakeful, on a constant move
- Sleepless, on account of mental activity; flow of ideas with nervous excitability

Humulus Lupulus 1X

- Drowsy during the day

Lycopodium 30C

- Weak memory, confused thoughts
- Drowsy during the day
- Dreams of accidents

Avena Sativa 2X

- Nervous exhaustion
- Inability to keep ones mind on any one subject
- Has a selective action on brain and nervous system, favorably influencing their nutritive function

Dosage: For adults and children 12 or more years of age, 2 to 3 sprays orally, three times daily or as directed by a qualified healthcare professional.