

CALMING/RELAXING

FORMULA 01

PRESENTATION: 30 Capsules

HOW TO TAKE: Take 1 capsule per day.

INGREDIENTS:

Griffonia simplicifolia, Griffonia (5-HTP)
Passiflora incarnata, Passiflora
Magnesium
Vitamin B6

QT. DAILY:

100mg
(25mg)
250mg
57.3mg
1.4mg



CALMING/RELAXING

FORMULA 02

PRESENTATION: 60 Capsules

HOW TO TAKE: Take 1 capsule at lunch and 1 capsule at dinner.

INGREDIENTS:

Calcium	80mg
Magnesium	80mg
Vitamin C	80mg
<i>Matricaria chamomilla</i> , Chamomile	50mg
<i>Crataegus monogyna</i> , Crataegus	50mg
<i>Eschscholtzia californica</i> , California Poppy	50mg
<i>Passiflora incarnata</i> , Passiflora	50mg
L-Phenylalanine L-Glutamic Acid	40mg
L-Tyrosine	40mg
<i>Rhodiola rosea</i> , Rhodiola	20mg
Vitamin B5	6mg
Vitamin B6	1.4mg
Folic Acid	200µg
B12 vitamin	2.5µg

QT. DAILY:



CALMING/RELAXING

FORMULA 03

PRESENTATION: 30 Capsules

HOW TO TAKE: Take 1 capsule at lunch.

INGREDIENTS:

QT. DAILY:

Vitamin C	80mg
Vitamin B3	16mg
Vitamin E	12mg
Vitamin B5	6mg
Vitamin B6	1.4mg
Vitamin B2	1.4mg
Vitamin B1	1.1mg
Vitamin B9	200µg
Biotin	50µg
B12 vitamin	2.5µg



CALMING/RELAXING

FORMULA 04

PRESENTATION: 30 Capsules

HOW TO TAKE: Take 1 capsule with dinner or before bed.

INGREDIENTS:

Passiflora incarnata, Passiflora
Humulus lupulus, Hops
Melatonin

QT. DAILY:

200mg
100mg
1mg



CALMING/RELAXING

FORMULA 05

PRESENTATION: 30 Tablets

HOW TO TAKE:

Take 1 tablet half an hour before bed.

INGREDIENTS:

QT. DAILY:

Melatonin	1mg
<i>Griffonia simplicifolia</i> , Griffonia	126.25mg
5-HTP	25.25mg
<i>Passiflora incarnata</i> , Passiflora	20mg
<i>Valeriana officinalis</i> , Valeriana	20mg
<i>Melissa officinalis</i> , Cidreira	5mg



CALMING/RELAXING



FORMULA 06

PRESENTATION: 20 Ampoules

HOW TO TAKE: Take 1

ampoule (10ml), 30 minutes before going to bed. For easier intake, you can dilute it in a little water.

INGREDIENTS:

QT. DAILY:

Gamma-Aminobutyric Acid (GABA)	300mg
Ext. hid. <i>Lavandula spica</i> , Lavender Ext.	300mg
hid. <i>Melissa officinalis</i> , Cidreira Ext. hid.	300mg
<i>Valeriana officinalis</i> , Valeriana Ext. hid.	300mg
<i>Withania Somnifera</i> , Ashwagandna Ext. hid.	300mg
<i>Rhodiola rosae</i> , Rhodiola Ext. hid.	300mg
<i>Matricaria chamomilla</i> , Chamomile L- Theanine	300mg
Vitamin B6	200mg
Vitamin B1	1.4mg
Melatonin	1.1mg
	1.0mg



CALMING/RELAXING

FORMULA 06

PRESENTATION: 40 Chewable Tablets

HOW TO TAKE:

Chew 1 tablet before bed.

INGREDIENTS:

Melatonin

QT. DAILY:

1.9mg



CALMING/RELAXING

FORMULA 07

PRESENTATION: Drops 50ml

HOW TO TAKE: Take 25

drops on an empty stomach and 25 drops before dinner diluted in a little water.

INGREDIENTS:

QT. DAILY:

Ext.Hid. <i>Valeriana officinalis</i> , Valeriana	500mg
Ext.Hid. <i>Passiflora incarnata</i> , Passiflora	400mg
Ext.Hid. <i>Melissa officinalis</i> , Cidreira	200mg
Magnesium	55mg
Vitamin B1	1.1mg
Molybdenum	50µg



CALMING/RELAXING

FORMULA 08

PRESENTATION: Drops 50ml

HOW TO TAKE: Take 40 drops, twice a day, diluted in a glass of water.

INGREDIENTS:

Ext. Hid. *Passiflora incarnata*, Passiflora
Ext. Hid. *Citrus sinensis*, Laranjeira
Ext. Hid. *Salva officinalis*, Salva
Ext. Hid. *Eleutherococcus senticosus*, Eleutherococcus
Ext. Hid. *Eschscholtzia californica*, Eschscholtzia

QT. DAILY:

750mg
500mg
500mg
250mg
250mg



FORMULA 09

PRESENTATION: 20 Ampoules HOW TO

TAKE: Take 1 ampoule

(10ml), 30 minutes before going to bed. For easier intake, you can dilute it in a little water.

INGREDIENTS:

QT. DAILY:

Gamma-Aminobutyric Acid (GABA)	300mg
Ext. hid. <i>Lavandula spica</i> , Lavender Ext.	300mg
hid. <i>Melissa officinalis</i> , Cidreira Ext. hid.	300mg
<i>Valeriana officinalis</i> , Valeriana Ext. hid.	300mg
<i>Withania Somnifera</i> , Ashwagandna Ext. hid.	300mg
<i>Rhodiola rosae</i> , Rhodiola Ext. hid.	300mg
<i>Matricaria chamomilla</i> , Chamomile L- Theanine	300mg
Vitamin B6	200mg
Vitamin B1	1.4mg
Melatonin	1.1mg
	1.0mg

