

Nutritional Information

Sleep Ingredients	
Rooibos Tea (300mg)	Reduces harmful inflammation and lowers stress-hormone levels.
Turmeric (380mg)	Anti-inflammatory and pain-relieving properties
Lavender (10mg)	Anti-anxiety and calming effects
Ginger	Anti-inflammatory and acts as a pain reliever. Suggested to support the immune system.
Ginkgo Biloba	Increases antioxidant activity and reduces harmful inflammation.

Per Serving			
Caffeine	0mg	Carbohydrates	<1g
Calories	3.5kcal	Protein	<0.1g
Fat	<0.1g	Salt	0g