

At Health & Her, we are passionate about At Health & Her, we are passionate about helping women with their female health. That's why we have conducted extensive research with thousands of women to understand how best to support wellbeing during periods of hormonal change. Formulated by experts, Health & Her Sleep+ Multi-Nutrient Support contains a blend of vitamins, minerals and active botanicals and is designed to be taken as part of your bedtime routine.

Can be used alongside any of the HEALTH & HER range

STORAGE: Store in a cool dry place, out of the reach of children.
Best before end: see base.

CAUTION: Not advised for pregnant women or women who are breastfeeding. Do not exceed the recommended daily intake.

A food supplement should not be used as a substitute for a varied, balanced diet and healthy lifestyle. Always consult your GP before taking food supplements, if you are taking medication or have an existing medical condition.

DIRECTIONS FOR ADULTS: Take 1 capsule an hour before bedtime with food, as part of a relaxed routine, or as directed by a healthcare professional.

healthcare professional.

For more information and helpful advice visit our award-winning website: healthandher.com

© Email us at contact@healthandher.com

Write to us at:

VIK: Health & Her, PO Box 1137,
Cardiff, CF11 1WQ

EU: Health & Her, 77 Lower Camden
Street, Dublin, D02 XE80, Ireland

Accordance Made in the UK

Recyclable carton and bottle

HEALTH & HER

SLEEP+ MULTI-NUTRIENT SUPPORT

O DEVELOPED WITH EXPERTS



✓ NERVOUS SYSTEM*✓ BLOOD SUGAR LEVELS*✓ RELAXATION*

DOWNLOAD OUR FREE APP

Download on the App Store

Search for Health & Her in the app store to track, learn and build

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✓ BEDTIME BLEND¹+ LAVENDER, CHAMOMILE, SAGE & SOUR CHERRIES

30 DAYS VEGAN 30
SUPPLY FOOD SUPPLEMENT CAPSULES

NUTRITIONAL INFORMATION	1 CAPSULE TYPICALLY PROVIDES	%NRV*	
Vitamin B6	1.7 mg	121%	
Magnesium	56.3 mg	15%	
Chromium	40 µg	100%	
Ashwagandha Root Extract 5:1 eq.to [®]	500 mg	**	
Chamomile Flower Powder	50 mg	**	
Sour Cherry Fruit Powder	50 mg	**	
Hops Flower Powder	50 mg	**	
L-Glycine	50 mg	**	
L-Taurine	50 mg	**	
Lavender Grass Extract 4:1 eq.to [®]	60 mg	**	
Sage Leaf Extract 5:1 eq.to®	50 mg	**	

*Nutrient Reference Value **NRV not established "Equivalent amount of whole herb INGREDIENTS: Magnesium Citrate, Vegetable Capsule Shell (Hydroxypropyl Methylcellulose), Maltodextrin, Chamomile Flower Powder (Matricaria recutita), Glycine, Taurine, Hops Flower Powder (Humulus lupulus), Sour Cherry Fruit Powder (Prunus cerasus), Lavender Grass Extract (Lavandula angustifolia), Sage Leaf Extract (Salvia officinalis), Ashwagandha Root Extract (Withania somnifera), Anticaking Agent (Ascorbyl Palmitate), Bulking Agent (Microcrystalline Cellulose), Pyridoxine Hydrochloride (Vitamin B6), Chromium Chloride. Vegan





	Colours/finishes:	For Reference Aim to match as close as possible	
CLIENT: Health & Her			
DATE: 11.10.23	C M	7446	
JOB NO: H&H30	7710c	7446c Sleep	
FILE NAME: H&H_Sleep+_Carton_artwork.ai	Notes:	colour	
VERSION: Artwork 06	The colours on this print out are not accurate and are intended to be used as a guide only, Do not use for matching purposes unless otherwise stated. This artwork does not		
SOFTWARE: Adobe Ilustrator CC	contain and trap/grip/chokes. Fonts will not be supplied with this artwork. All colours specified are from the PANTONE® matching system unless otherwise stated.		