

DREAM

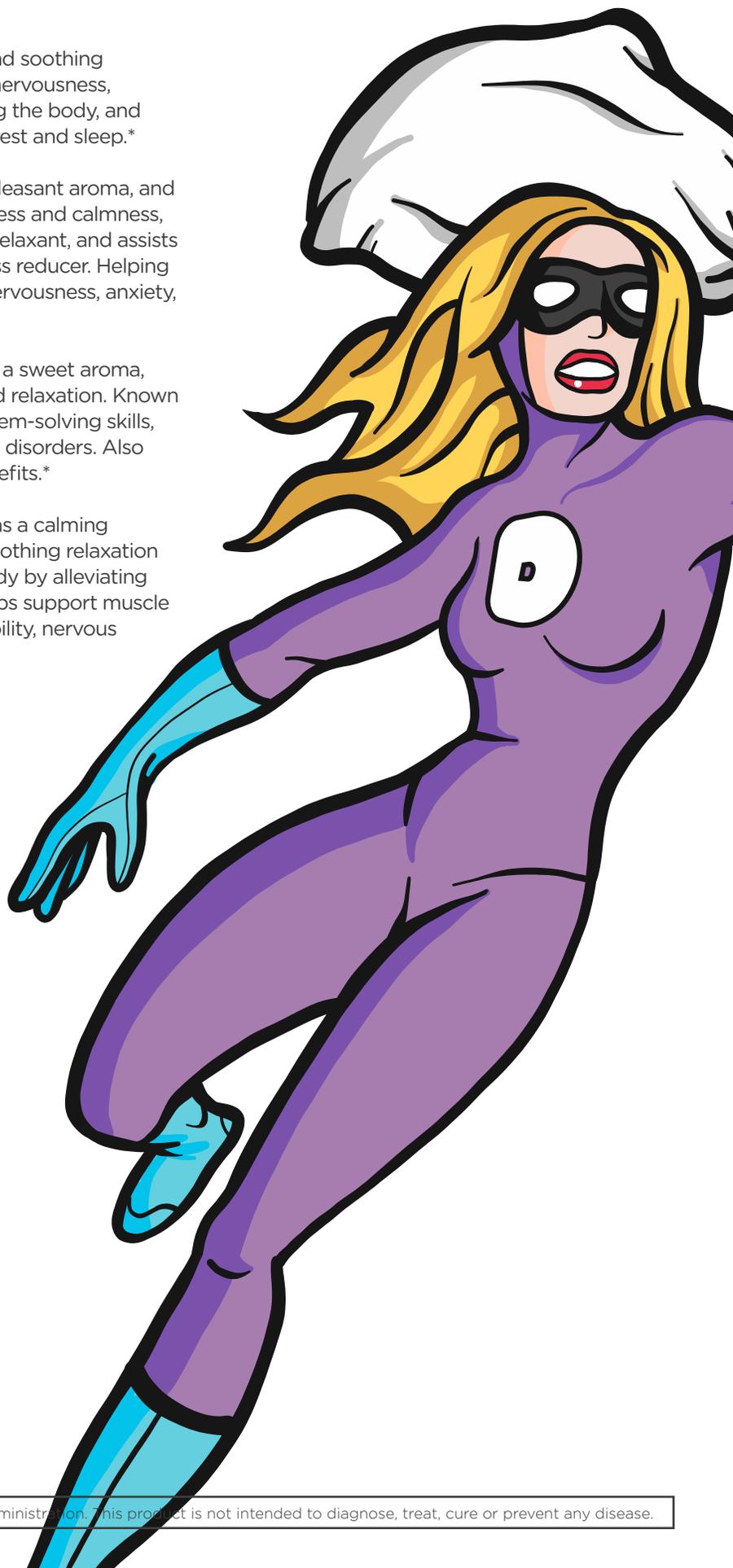
Passion Flower: A calmative and soothing aid, passion flower helps allay nervousness, restlessness, and worry, relaxing the body, and promoting a natural feeling of rest and sleep.*

Lavender: Well-known for its pleasant aroma, and used to create a sense of wellness and calmness, lavender is a natural, soothing relaxant, and assists as a sleep aid, nerve tonic, stress reducer. Helping support the management of nervousness, anxiety, worry, and sleeplessness.*

Lemon Balm: Lemon Balm has a sweet aroma, producing a feeling of calm and relaxation. Known to help sharpen memory, problem-solving skills, easing anxiety, stress and sleep disorders. Also includes multiple digestive benefits.*

Chamomile: Popularly known as a calming agent, chamomile promotes soothing relaxation and sleep, helping calm the body by alleviating restlessness and insomnia. Helps support muscle relaxation, allays nervous irritability, nervous stomach and intestinal issues.*

Kids



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Kids

Peppermint: Peppermint's popular mint scent and flavor has been linked to helping boost cognition, problem solving and memory functions, improving energy, attention span and concentration. Due to its soothing taste, peppermint is known to help improve digestion, and linked to easing headaches and migraines.*

Astragalus root: Known to help protect and support the immune system. Astragalus has antibacterial and anti-inflammatory properties. Studies have shown that astragalus has antiviral properties and that it can stimulate the immune system.

Elderberry: Research suggests that elderberry may also have anti-inflammatory and antiviral, anti-influenza properties. Elderberry also contains flavonoids, which have antioxidant properties.

Echinacea: Helps the body shorten the duration of the common cold and flu, and to help reduce systems related to sore throat, cough, and fever. Used to help boost the immune system.

Olive Leaf: Research suggests that olive leaf compounds may enhance the body's efforts to help strengthen the immune system. Also known to help support energy levels and assist with cardiovascular functions.

Oregano: Considered to be a powerful antioxidant that protects cells from free radical damage. Also know to assist the body with strengthening the immune system.

Ginger: Ginger is commonly known to help support several digestive issues, including travel sickness; nausea and ingestion; irritable bowel; and loss of appetite. Also referred to as a circulatory agent and metabolic stimulant, it helps support joint function, fight against the effects of sore throat, and assist the body's natural defense against colds.*

Rose Hips: Contains a variety of antioxidants including carotenoids, flavonoids, polyphenols, and catechins. Also known to include several anti-inflammatory properties. Includes high vitamin C content, an excellent source to help boost the immune system.

Sage: Commonly used in cooking, sage is linked to aiding with extended memory, and increased energy levels and circulation. Additional benefits include reducing tension, improved relaxation, alleviating nervousness and excitability, and dizziness.*

Thyme Leaf: Known to help assist the body with boosting the immunity system. Antioxidants found in thyme, including lutein, zeaxanthin, and thymonin all contribute to neutralizing and eliminating free radicals within the body. Also includes anti-fungal properties.

