

QUICK REFERENCE SHEET

Elderberry Nighttime *Combination*

Chamomile, Elderberries, Elderflower, Lemon Balm,
Passion Flower



1.00 Elderberries
1.00 Elderflower
0.50 Lemon Balm
1.00 Chamomile
0.25 Passion Flower

Total Herbs 3.75 oz
Tincture Ratio - 1:8

This formula was developed to help give you all the amazing benefits of elderberry plus help the body to get a restful night's sleep, help you relax, and reduce stress. Studies show that when we don't get quality sleep or enough sleep our immune system gets disrupted, making it easier for us to get sick after being exposed to a virus. Stress, even during the day, can affect our sleep. It triggers an elevation in stress hormones that disrupt sleep. Stress also affects our immune system by decreasing the body's lymphocytes, the white blood cells that fight infection and disease. Elderberry nourishes the immune system and with the addition of lemon balm, chamomile, and passionflower we can be more relaxed, have less anxiety, and be better prepared to sleep peacefully. Each of these herbs has an affinity for promoting sleep, relaxation, and calming an overstressed nervous system.

Elderberries are rich in vitamin C, vitamin A, and flavonoids. Elderberries are antioxidant powerhouses and may prevent cell damage. Elderberries also contain iron, potassium, phosphorus, copper, calcium, vitamin B6, beta carotenes, and proteins.

Elderflower aids in cleansing the blood, and the cells, or waste products and toxins. It has constituents that act as mild sedatives and analgesics for the relief of pain.

Lemon Balm is widely used to reduce stress, ease pain, and promote sleep.

Chamomile is a tonic for the nervous and digestive systems. It has sedative and pain-relieving properties. It is especially loved for use with children.

Passionflower reduces anxiety and helps to induce sleep. It is thought that Passionflower lessens the time it takes to fall asleep.

This formula makes an excellent tea for relaxation and nighttime.