

Relax Tincture

This flowery tincture soothes symptoms of anxiety, stress & insomnia, and digestive conditions related to the nervous system.

For best results use in combination with the **Massage Oil**



Ingredients

Organic lavender, jasmine, chamomile, lemon beebrush, passionflower & valerian root macerated in organic alcohol.

Contraindications

In small doses when taking antidepressants (passion flower regulates the cardiac system).

To be avoided in conjunction with other synthetic nervous system sedatives (valerian depresses the nervous system and should therefore be avoided in cases of insomnia due to depression). Avoid during pregnancy and when breastfeeding.

Dosage & Use

7 drops after meals, 3x a day. In the evening can take a higher dose, up to 28 drops.

If taken during 21 days straight, then take a 5-day break before restarting. Shake well before use. Place drops in a glass of water/juice/tea or directly under the tongue. For internal use.