**Deep Sleep®** (California Poppy/Valerian Complex). Specific for inability to fall asleep, waking up during the night, or waking up too early in the morning. For insomnia resulting from depression, for waking up groggy or tired, as well as for fitful and/or agitated sleep. For sleep problems accompanied by cramps or pain. For insomnia while weaning from drugs, alcohol or cigarettes. Also for inability to fall asleep from tiredness. Helps to reeducate the brain sleep center.
***Ingredients***: California Poppy, Valerian, Passionflower, Chamomile, Lemon Balm, Oat seed, Orange peel.
***Dose:*** Take 30-60 drops or one softgel one hour before bedtime and again at bedtime. Best results are achieved by the second or third night.