Relax PM

A blend of Valerian and other herbs designed to promote sleep, relaxation and pain relief, especially in the evening and at night.

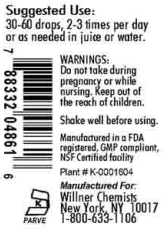
Who might benefit from this herbal supplement?

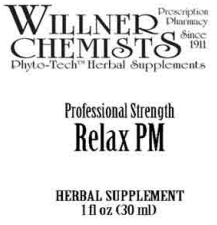
Those with insomnia will find this supplement very helpful. It induces relaxation, lessens anxiety, and can reduce pain. It has a muscle relaxant action. Relax PM slows mental activity, and thus is best used at night. For daytime use, the Phyto-Tech™ Relax AM formula is recommended. Phyto-Tech™ Relax PM contains Valerian Root, Fresh, Hops Strobiles, Kava Kava Root, Vanuatu, Passion Flower, Chamomile Flowers, Lobelia Herb, Fresh, Pulsatilla Herb, Fresh, Alcohol, Pure Grain, Water, Pure Deionized. *Dosage: Sleep: 60 - 120 drops in water or juice every 30-60 minutes, 1/2 hour before bed time until asleep. Can repeat if wake up. OK with other sleeping aids or pro tocols. Acute Pain: 60 - 120 drops in water or juice every hour or as needed to control pain. General Use: 30 - 60 drops in water or juice 2-3 times per day or as needed*

Complimentary Formulas:

Phyto-Tech™ Relax AM or Phyto-Tech™ Anxiety Complex *(if anxious or mind races, toss and turn)*
Phyto-Tech™ Valerian Root 1:2 *(if need more sedation)*
Phyto-Tech™ Kava Root 1:2 *(if anxious or mind races)*
Phyto-Tech™ St. Johns Wort *(for depression, pain)*

Phyto-Tech™ Relax PM 1 fl oz ~ Prod Code: 56959
Phyto-Tech™ Relax PM, Alcohol Free1 fl oz ~ Prod Code: 57025













Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a subsitutue for any treatement that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Prodcuts described herein are not intended to diagnose, treat, cure or mitigate disease. Specific medical conditions are mentioned only for information purposes--consult a physician.