



# THE PERFECT SLEEP AID

NON-ADDICTIVE, MILD ANXIOLYTIC,  
ANTI-STRESS, AND MILD SEDATIVE.



**COMBINES THE NERVINE HERB, CALIFORNIA POPPY TOGETHER WITH HAWTHORN BERRY.**

Our formulation has been proven to be an effective natural remedy against anxiety, stress and depression, and can also be used as a mild sedative. Nervines are herbs that specifically helps support the nervous system. One of the most commonly used nervine herb is *Eschscholzia californica*, popularly known as *California poppy*.



## MEDICINAL INGREDIENTS. Each vegetarian capsule contains:

California Poppy 5:1 extract .....	100 mg
<i>(Eschscholzia californica – equivalent to 500 mg dried herb)</i>	
Hawthorn Berry powder .....	100 mg
<i>(Crataegus laevigata)</i>	

## NON MEDICINAL INGREDIENTS:

Microcrystalline cellulose, vegetable stearate, hypromellose (capsule shell).

## RECOMMENDED DOSE:

Adults take 2 capsules 1 to 2 times per day.

Does not Contain: Dairy, egg, gluten, soy, wheat, corn, yeast, nuts, artificial sweeteners, preservatives, colors or flavors.

## CAUTIONS:

Do not use if you are pregnant. Consult a health care practitioner if symptoms persist or worsen, if sleeplessness persists continuously for more than 3 weeks (chronic insomnia), if you are breastfeeding or if you are taking cardiac glycosides such as digitalis/digoxin, or blood pressure medication. Consumption with alcohol is not recommended. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or when involved in activities requiring high mental alertness. Sealed for your protection. Keep sealed, store in a cool, dry place at 15–25°C. **Keep out of reach of children.**

## DID YOU KNOW?

Poppies have been known to be used as a form of holistic medicine in the treatment of muscle aches, diarrhea, abdominal cramping, and more.



## PROVITA - A STORY OF LOVE AND HEALING -

Our founder, Dr. Lucian Delcea, started Provita out of necessity. His wife was ill. And when drugs failed her, he began his search for an alternative. Before Provita launched in 2005, he sifted through countless hours of research; counseling with some of the top European naturopaths to produce more progressive support for the body's functions. Dr. Delcea came to understand the body's healing process; how it could naturally overcome disease. All it needed were triggers to properly recognize and absorb nutrients for self repair. Provita is not just a natural health line - it's an understanding of the body's own mechanisms. Dr. Delcea's now healthy wife is testament to that.

## COMPLEMENTARY PRODUCTS

Magnesium Pro™, Synergistic Gaba Pro™, Serra Plus Forte

FEEL THE PROVITA DIFFERENCE!  
FIND US AT SELECT NATURAL HEALTH STORES

DELIVERED BY

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