

HOW TO GET THE BEST OUT OF THE SLEEPDROPS RANGE

START HERE



SleepDrops for Babies



Support for

- Unsettled babies 0-3 years
- Overtired or irritable babies
- Colic, wind or digestive disturbances
- Teething or discomfort affecting sleep
- Promoting calm and restfulness at bedtime

Benefits

- Can be used for day time or night sleeps
- Easy to take drops which can be individualised to your baby's ideal dosage
- Great tasting, all natural support for a more relaxed and restful sleep
- Non-drowsy, non-addictive formula with no side effects
- Remedies to support your baby's nervous and digestive systems

Directions for use

To support regular sleep 1 to 3 drops 1/2 hour before bed and again at time of being put to bed. Drops to be put under tongue if possible.

Use 1 to 3 drops every 3 to 5 minutes if overtired and as necessary if awake in the night.

Ingredients

11 Herbs	Albizia, Baical Skullcap, Californian poppy, Chamomile, Corydalis, Crampbark, Hops, Kava, Lavender, Passionflower, Zizyphus
5 Homeopathics	Calc phos, Chamomilla, Colocynthis, Kreosotum, Mag Phos
9 Flower Essences	First Light Flower Essences of New Zealand
Base	Organic coconut glycerine, purified water, ethanol and potassium sorbate



New Zealand's
#1 Selling
sleep products*

*Aztec Data Sleep Category July 2015

- ✓ NO. 1 Sleep Product Brand
- ✓ NO. 1 Sleep Product for Adults
- ✓ NO. 1 Sleep Product for Kids
- ✓ NO. 1 Sleep Product for Babies



As featured on
60 MINUTES

Supporting sleep and stress in all ages

Call 0800 345 999
www.sleepdrops.co.nz

Daytime Revive



Support for

- Stress, anxiety and overwhelm
- Daytime fatigue
- Food cravings and mood imbalances

Benefits

- All natural support for a healthy nervous system and day time energy
- Easy to take drops which can be individualised to your ideal dosage
- Remedies for healthy liver and digestive function
- Non-drowsy, non-addictive formula with no side effects
- Suitable for use during pregnancy and breastfeeding

Directions for use

For Acute Stress or Energy Support

Take up to 4 doses of 5 drops each spaced 5 minutes apart. Use as often as required.

For Best Results

Take 5 drops 4 times per day. Take first dose upon waking, and continue every 2 or 3 hours until the afternoon or as needed. Daytime Revive soothes frazzled nerves and supports energy levels bringing you resilience and balance to your day and supporting your sleep at night.

Ingredients

18 Herbs

Bladderwrack, Cayenne, Chamomile, Damiana, Gentian, Ginger, Lavender, Lime Flowers, Liquorice, Milk thistle, Panax ginseng, Passionflower, Rhodiola, Rosemary, Skullcap, Vervain, Withania, Zizyphus

Homeopathics

Adrenal Matrix Blend

9 Flower Essences

First Light Flower Essences of New Zealand

Base

Organic coconut glycerine, purified water, ethanol and potassium sorbate

Sleep Drops for Adults



Support for

- Going to sleep faster
- Better sleep quality and quantity
- Switching off mind chatter

Benefits

- Natural support for a more relaxed and restful sleep
- Great for travelling or shift work
- Remedies to support digestion and liver function while you sleep
- Easy to take drops which can be individualised to your ideal dosage
- Non-drowsy, non-addictive formula with no side effects

Directions for use

For Mild Sleeping Issues

Take 5 to 10 drops under your tongue once or twice as needed.

For Best Results

Phase 1: For 5 nights take 5 to 10 drops under tongue ½ hourly starting 2 hours before bed.

Phase 2: From 6th night on going– 1/2 hour before bed & once more immediately before retiring. If waking through the night take up to 4 additional doses to support sleep.

Ingredients

13 Herbs

Californian poppy, Corydalis, Chamomile, Hops, Jamaican dogwood, Kava, Lavender, Lemon balm, Lime flower, Milk thistle, Passionflower, Skullcap, Zizyphus

11 Homeopathics

Chamomilla, Coffea cruda, Gentian, Hypericum, Kali phos, Mag phos, Melatonin, Nux vom, Passiflora, Pulsatilla, Vitamin C

9 Flower Essences

First Light Flower Essences of New Zealand

Base

Organic coconut glycerine, purified water, ethanol and potassium sorbate

Essential Sleep and Stress Nutrients



Support for

- Staying asleep all night
- Better sleep quality and quantity
- Stress, anxiety and sleeplessness
- The nervous, adrenal and immune systems

Benefits

- All natural support for healthy nervous and adrenal function
- Easy to take powder which can be individualised to your ideal dosage
- Nutrients to support healthy liver, digestive, and immune function
- Suitable for all ages and for use during pregnancy and breastfeeding

Directions for use

For best results take for a minimum of one month.

Adults: Mix 10 grams (1 sachet) of powder in up to 400ml of water before bed.

Children 6–12 years: Mix 5 grams (1 tsp) in water before bed.

Children 2–5 years: Mix 2.5 grams (½ tsp) in water before bed.

Ingredients	Per dose 5g (CHILD DOSE)	1 Sachet 10g (ADULT DOSE)
Tart Cherry Skin Concentrate	225mg	450mg
Ascorbic Acid	1500mg	3000mg
Calcium Ascorbate	400mg	800mg
Total Equivalent Vitamin C	1830mg	3660mg
Magnesium (as Citrate)	133mg	266mg
Magnesium (as Phosphate)	67mg	134mg
Total Magnesium	200mg	400mg
Potassium (as Phosphate)	86mg	172mg
Zinc (as Zinc Gluconate)	5mg	10mg
Inositol	20mg	40mg
Vitamin B1 (as Thiamin HCL)	5mg	10mg
Vitamin B5 (as Pantothenic Acid)	25mg	50mg
Vitamin B6 (as Pyridoxine HCL)	15mg	30mg

Other Ingredients: Stevia extract, Fructose (natural fruit sugar), Natural orange flavour

Sleep Drops for Kids



Support for

- Going to sleep faster
- Better sleep quality and quantity
- Switching off mind chatter
- Nightmares or night terrors
- Promoting calm and restfulness at bedtime

Benefits

- Great tasting, all natural support for a more relaxed and restful sleep
- Easy to take drops which can be individualised to your child's ideal dosage
- Non-drowsy, non-addictive formula with no side effects
- Remedies to support children experiencing nightmares or night terrors

Directions for use

For Mild Sleeping Issues

Take 5 drops under the tongue once or twice as needed and if waking in the night

For Best Results

5 drops under tongue 30 minutes before bed and another 5 drops when switching the main bedroom lights out. You can continue to give ½ hourly if necessary for a maximum of 4 doses per night.

Ingredients

13 Herbs

Californian poppy, Corydalis, Chamomile, Hops, Jamaican dogwood, Kava, Lavender, Lemon balm, Lime flower, Milk thistle, Passionflower, Skullcap, Zizyphus

11 Homeopathics

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