



SleepDrops MAX

AVAILABLE IN 50ML DROPPER BOTTLE

SleepDrops MAX is a therapeutic blend of herbal medicines, homeopathic and flower essences synergistically combined to support sleep challenges and night time worrying.

INDICATIONS

- Insomnia
- Nightmares
- Stress
- Anxiety
- Mind chatter
- Overtired
- Overwhelmed
- Jet lag
- Shift work
- Waking feeling unrefreshed
- Pain or discomfort affecting sleep
- Liver or digestive stress affecting sleep
- Paediatric dyssomnia and restlessness

INGREDIENTS

Ingredient	Amount per 1ml serving
<i>Passiflora incarnata</i>	900mg
Herbal proprietary blend (<i>Humulus lupulus</i> , <i>Matricaria recutita</i> , <i>Melissa officinalis</i> , <i>Scutellaria lateriflora</i> , <i>Valeriana officinalis</i>)	1200mg
Homeopathic proprietary blend (Chamomilla, Coffea cruda, Gentiana lutea, Hypericum, Kali phos, Mag phos, Melatonin, Nux Vomica, Passiflora, Pulsatilla, Vitamin C)	
Other ingredients First Light Flower Essences of New Zealand, Purified water, Organic coconut glycerine and Ethanol	

COMPANION PRODUCTS

SleepDrops Practitioner Only Products: MgUlti and Liquid Magnesium
SleepDrops Premium Range: Daytime Revive and Essential Sleep and Stress Nutrients.

FEATURES & BENEFITS

Feature	Benefit
Easy to take	Dose can be individualised to people's sensitivity
Great tasting	Easy to recommend and easy for people to take
Key herbs and remedies to assist sleep	Effective product
Support for nightmares and restless sleep	Promotes more refreshing sleep
Supports the body in times of discomfort	Help prevent pain related issues affecting sleep
Comprehensive formula to support sleeping patterns	Helps those who travel or do shift work
Easy to keep by the bed and use if wake up in the night	Just pop drops under the tongue
Ingredients for cravings for coffee and stimulants	Help the body wean off stimulants to aid sleep



DOSAGE INSTRUCTIONS

For best results, use for a minimum of one month or as directed by a healthcare professional.

Adults

Take 1-2ml before bed (20-40 drops) either under tongue or premixed in 30ml water. Repeat as necessary.

Repeat 1-2ml if waking during the night.



SleepDrops MAX

AVAILABLE IN 50ML DROPPER BOTTLE

CAUTIONS & CONTRAINDICATIONS

The main ingredient in SleepDrops MAX is passionflower. This is a safe herb to be used with many medications, however, please be aware that as this is a herbal supplement we advise people to take 2 hours away from medications.

Passionflower can be used with sedatives (drugs that cause sleepiness) – however, because of its calming effect, passionflower may have an additive the effects of sedative medications.

Not suitable for people taking blood-thinning medications without first discussing with their doctor. Passionflower may increase the amount of time blood needs to clot, so it could make the effects of blood-thinning medications stronger and increase your risk of bleeding. Medications to be aware of include: Clopidogrel (Plavix) and Warfarin (Coumadin).

Monoamine oxidase inhibitors (MAO inhibitors or MAOIs) - MAO inhibitors are an older class of antidepressants that are not often prescribed now. Theoretically, passionflower might increase the effects of MAO inhibitors, as well as their side effects. These medications include: Isocarboxazid (Marplan), Phenelzine (Nardil), Tranylcypromine (Parnate)

FREQUENTLY ASKED QUESTIONS

1. What is the difference between SleepDrops for Adults and SleepDrops MAX? SleepDrops MAX is a therapeutic strength herbal remedy that requires a more extensive consultation to ensure the product is right for the client. The practitioner should assess any herb-drug interactions relevant to the client. SleepDrops for Adults is very safe and therefore can be selected by the customer to use as they require without consultation.
2. Are there different herbs in the SleepDrops MAX compared to the premium range? Yes, SleepDrops MAX is specifically focused with just sleep herbs. This blend also has Valerian which is not in any of our other products.