

HERBAL PEACE / MIND CALM



Tiens Herbal Peace / Mind Calm is an herbal formula that helps support a restful night's sleep, and helps you deal with feelings of stress. In today's fast paced, goal driven society, our minds and bodies can become easily overloaded. Balance in life is vital to a healthy lifestyle.

BENEFITS:

Sleep:

- Fleeceflower Vine (polygonum Multiflorum Thunb): Promotes sleep
- Licorice holds soothing properties

Stress/Relaxation:

- Jujube Seeds (Ziziphus Spinosa Hu): Helps decrease excess sweating. Calms the mind.
- Fleeceflower Vine (polygonum Multiflorum Thunb): Calms the mind and centers the spirit to decrease stress and frustration. Helps circulation.
- Ophiopogon Tubar (ophiopogon Japonicus): Reduces irritability, enabling increased concentration
- Ningpo Figwort Root, Scrophularia (Scrophularia Ningpoensis Hems!): Nourishes the mind to reduce mental restlessness

Overall Healthy Lifestyle:

- Salvia Root (Salvia Miltiorrhiza Bge): Increases blood circulation to the heart muscles.

UNIQUE FEATURES:

Our Herbal Peace formula is an alternative to pharmaceutical sleep aids. Many of today's health problems can be related to insufficient sleep.

There are so many ingredients in Tiens Herbal Peace, because all of the ingredients work together synergistically, to naturally help you sleep better – the fact that all of the botanicals are present in moderate amounts makes it safe to take the product daily, and without becoming reliant on the product.

FREQUENTLY ASKED QUESTIONS:

What if I feel like I can function on minimal sleep?

The British Medical Association states that people who get too little sleep have:

- Higher levels of stress, anxiety and depression
- Detrimental effects on personal relationships
- Lower productivity/ Poor performance at work and/or school

DID YOU KNOW?

- Sleep deprivation can have some of the same hazardous effects as being intoxicated (drunk) (British Journal of Occupational and Environmental Medicine)
- People who drive after being awake for 17 to 19 hours performed worse than those with a blood alcohol level of .05 percent

All material in this document is provided for educational purpose only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this information document. Instead, readers should consult appropriate health professionals on any matter relating to their health and well-being. All information and opinions provided in this document are believed to be accurate and sound, based on the best judgment available to the author, but the readers who fail to consult with the appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions.

KEY REFERENCES:

- Schisandra has been found to act as a tonic and have calming properties, especially during times of stress. (Chevallier A., 1996)
- Salvia has several pharmacological effects, including acting as a sedative and muscle relaxant. (Imanshahidi M, Howweinzadeh H., 2006)
- Panax ginseng has shown to induce relaxation within the body (Chen X, Lee TJ, 1995)

INGREDIENTS & SUPPLEMENTAL FACTS:

Each capsule contains:

Panax ginseng	33.35 mg
Ningpo figwort root	33.35 mg
Salvia root	40.02 mg
Asparagus tuber	33.35 mg
Ophiopogon tuebr	33.35 mg
Polygonm vine	100.05 mg
Chinese foxglove root	33.35 mg
Schisandra fruit	20.01 mg
Chinese senga root	20.01 mg
Chinese angelica root	33.35 mg
Zizyphus	50.025 mg
Root of the balloon flower	33.35 mg
Atractylodes rhizome	33.35 mg
Biota seed	50.025 mg
Sclerotium of Tuckahoe	33.35 mg
Poria spirit	33.35 mg
Juncus	10.005 mg
Licorice root	10.005 mg

Non-medicinal ingredients: gelatin, magnesium stearate, cellulose

667mg 60 capsules/bottle

DIRECTIONS FOR USE:

Adults take 2 capsules daily after dinner or before bedtime.

WARNINGS:

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product. This product may cause drowsiness; be cautious with driving or operating any machinery after taking.

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