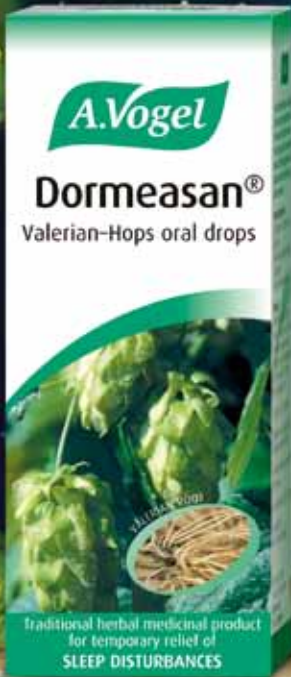


# Sleeping Poorly?



Made from tinctures of FRESH  
**Valerian & Hops**

*A. Vogel*

## Dormeasan

Dormeasan Valerian-Hops Oral Drops—a traditional herbal medicinal product for use in the temporary relief of sleep disturbances caused by the symptoms of mild anxiety, exclusively based upon long-standing use as a traditional remedy. Always read the leaflet.

# Having trouble falling asleep? Not sleeping well? Dreaming of a better nights sleep?

More than 31 million people in the UK suffer from tiredness caused by poor quality sleep, so you are not alone.<sup>(1)</sup>

Dormeasan Valerian-Hops oral drops, a combination of extracts made from fresh Valerian and Hops, is a licensed traditional herbal medicinal product for the temporary relief of sleep disturbances resulting from mild anxiety.<sup>(2)</sup> Symptoms of sleep disturbances include difficulty falling asleep, interrupted and poor quality sleep.

## Why is Dormeasan different?

- Unlike most sleep remedies Dormeasan is in tincture format.
- Using fresh herb extracts within 24 hours of harvesting provides higher levels of plant extracts when compared to equivalent amounts of dried herbs<sup>(3)</sup>.

## Use Dormeasan Valerian-Hops oral drops...

- When you can't sleep but also if you wake-up not feeling rested.
- When you want a remedy taken only 30 minutes before going to bed.
- When you want a Valerian-Hops remedy made from fresh herb extracts.

## References:

1. Figures taken from Making Time for Sleep, by Dr. Neil Stanley. ICM research, 2007.
2. Dormeasan is a traditional herbal medicinal product used for the temporary relief of sleep disturbances caused by the symptoms of mild anxiety, exclusively based on long standing use as a traditional herbal remedy.
3. Tobler M, Kirenbühl H, Egger M, Maurer C, Bühler U: Characteristics of whole fresh plant extracts. Schweizerische Zeitschrift für GanzheitsMedizin 5, 257-266, 1994.

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Always read the leaflet.