

Hops and Valerian with Passion Flower (100 Capsules)

 lilyandloafinternational.com/products/hops-valerian-with-passion-flower

Nature's Sunshine

Feeds the nervous system with the many elements it needs to maintain good health

£ 12.45 GBP

940

- Unique herbal combination which promotes relaxation and rest
- Natural ingredients targeting the nervous system
- Full 90-day money-back guarantee

How will Hops & Valerian with Passion Flower help me?

Nature's Sunshine's Hops & Valerian with Passionflower is a unique combination of natural ingredients which provide a natural source of selenium, zinc, niacin and vitamin C, each of which offer benefits to the nervous system. Vitamin C is a well-known antioxidant vitamin that contributes to the normal functioning of the nervous system and immune system, and the reduction of tiredness and fatigue. Selenium protects cells from oxidative stress. Zinc contributes to normal cognitive function, and niacin contributes toward a normal nervous system. Hops contain chemicals that have a sedative effect and Passion flower was first discovered in Peru, where it was used as a calming sedative during times of stress.

What is Valerian?

Sleep is one of the leading lifestyle factors affected significantly by stress. Valerian has been used in traditional medicine for thousands of years; dating back to Ancient Greek and Chinese medicine. It is a popular herb for supporting the body to deal with stress and has been shown in studies to be beneficial in reducing the amount of time it takes people to fall asleep.

Why should I buy from Lily & Loaf?

Lily & Loaf embrace a natural, holistic approach to health and beauty, and value equally daily nutrition for the body and nutritional care for the skin. These strict standards for top quality suppliers ensure that every product is free from harmful toxins, pollutants and animal cruelty, but also crafted in accordance with the ethical and sustainability values held. Lily & Loaf offers only premium, natural, eco-friendly products that are free from questionable manufacturing methods used in many mass-produced products today. There is also great support from a brilliant, independent Advisory Board - a group of highly qualified and experienced scientists, herbalists, practitioners, and health consultants with a wealth of expert knowledge and experience. And of course, our 90-day money back guarantee!

90-Day Money Back Guarantee

We deliver the very best quality and service to all our customers and every product we sell has a no quibble 90-day money back guarantee. If you are not completely satisfied with your purchase, you may return your unused product or empty container to us within 90 days for a full refund. What have you got to lose?

Simple & Fast Worldwide Delivery

We offer a fast delivery service across the UK and indeed throughout the world. So, no matter where you live, buying from Lily & Loaf is a simple and risk-free process. Start your journey today with Lily & Loaf. We know that when you try our products, you'll become a Lily & Loaf lover too.

Ingredients

Valerian root (*Valeriana officinalis*), passionflower aerial parts (*Passiflora incarnata*), hops flowers (*Humulus lupulus*), capsule shell (gelatin, water).

Recommended Use

Take two capsules daily with a meal.

Do not exceed the stated recommended daily dosage.

Not suitable for use during pregnancy.

Food Supplements should not be used as a substitute for a balanced diet. Always consult your Doctor or Pharmacist before taking food supplements when you are on prescribed medication.