

SLEEP TEA BLEND

FORMULATED BY CLEANHERBALS PTY LTD

INGREDIENTS

The sleep blend is a combination of flowers and herbs designed specifically to help you unwind and prepare for a good night's sleep.

Chamomile - has been used traditionally as a sedative.

Lemongrass - may prolong your sleep and calms your muscles and nerves.

Passionflower - may help to relieve anxiety and insomnia.

Lavender-calming effects and aroma

Rose-natural sedative soothing aroma

Lemon Balm-soothe stress and insomnia

This combination makes for a beautiful nightly ritual to calm your mind and relax your body.

DIRECTIONS

Add 1 - 2 teaspoons per cup. Infuse in water for up to 15 minutes. Tea leaves can be re-infused up to 2 times. Enjoy 30 minutes before bedtime. This relaxing blend can become more effective when used as a nightly ritual.

DISCLAIMER

This product is a mixed blend of teas. It is not intended as a substitute for the treatment of medical health issues. If you are on prescription medication, please do not remove or reduce any of your ongoing medical treatment without consulting a doctor or qualified health professional. Where you experience any health issues or allergies while consuming this product, you should stop, and seek advice from your local doctor immediately. (Blended teas are not suitable for children under the age of 18).

Exclusion:

(a) The law implies terms, conditions, warranties or guarantees (Prescribed Terms) into contracts for the supply of goods and services and prohibits the exclusion, restriction or modification of certain terms, conditions, warranties or guarantees. Some Prescribed Terms permit a Seller to limit its liability for a breach of the prescribed terms.




(b) Except as provided by Prescribed Terms, the liability of the Seller in respect of a breach of a Prescribed Term relating to the Goods or any part of the Goods is limited at the option of the Seller to the replacement or repair of the Goods or any part of it or payment of the cost of repairing or replacing the Goods or any part of the Goods.

(c) Under this agreement, the Buyer does not have any cause of action against or right to claim or recover from the Seller for, or in respect of, any loss or damage of any kind whatsoever, caused directly or indirectly by:

(i) any defect in material or workmanship of, or any other defect whatsoever in, or unsuitability for, any purpose of the Goods or any part of the Goods; or




(ii) any default or negligence on the part of the Seller or of any employee, contractor or agent of the Seller or of any person for whom the Seller has legal responsibility relating to the supply of, or otherwise concerning Goods or any part of Goods; or

(iii) any consequential loss, damage or death which may arise due to a chemical reaction of the Goods with the coronavirus vaccines, where the Buyer has been vaccinated.

Herb	Name	Traditional use	Contraindications
	Lavender <i>Lavandula Angustifolia</i>	Carminative, relaxant, sleep support.	
	Rose <i>Rosa Alba</i>	Aphrodisiac, Carminative, Antispasmodic, antibacterial, antiviral, cleansing, astringent, antidepressant, antiseptic, blood tonic, increases bile, menstrual regulator.	
	Passion Flower <i>Passiflora incarnata</i>	Passionflower is used for stress reduction, calming without sedation, and overcoming insomnia when combined with other calming herbs such as valerian and lemon balm.	Pregnant women should not take passionflower, as the active compounds can stimulate uterine contractions. There is insufficient information available regarding the effects of passionflower in women who are breastfeeding; they should avoid passionflower as well.

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Herb	Name	Traditional use	Contraindications
	Skullcap <i>Scutellaria</i>	American and Chinese skullcap are flowering plants commonly used in natural medicine to treat a variety of conditions, including insomnia, inflammation, and diarrhea.	Skullcap may lead to serious side effects, such as liver damage, and should not be given to children or taken by people on certain medications, as well as pregnant or breastfeeding women.
	Lemon Balm <i>Melissa officinalis</i>	Cognition, Digestion, stress, anxiety, antioxidant, antimicrobial.	May lower blood sugars. Can cause drowsiness. Avoid if you have thyroid issues or taking thyroid medications.
	Chamomile <i>Matricaria chamomilla</i>	Stress, tension, sleep, headaches, cramps, colic, colitis, ulcers, gastritis, diverticulitis, irritable bowel, diarrhea, constipation, pain relief, soothing, asthma	

TEA BLEND

BEDTIME ORGANIC TEA BLEND

