

MAY 2020

RESPECT • HONESTY • TIMELINESS • GENEROSITY • PURITY OF INTENT

# Standard *matters*

WE ARE DEDICATED TO MAKING SAFE, EFFECTIVE, & NATURAL HEALTHCARE SOLUTIONS EASILY ACCESSIBLE TO ALL.

## Hyland's Heroes - Minding the Store

Beginning March 16, Hyland's management, ahead of both California and Pennsylvania state governors, as well as the Premier of Quebec, gave employees telework options if they were able to work from home in one of many efforts to keep our employees safe. Then on March 19 the respective governors, followed on March 24 by the Quebec authorities, closed all non-essential businesses. As a manufacturer of medicines, Hyland's is deemed an essential business, but instead of having all employees come into work, we chose to have only those who cannot do their jobs remotely come into our facilities. Separate shifts, additional Personal Protective Equipment (PPE), added cleaning procedures, and yes, physical distancing are among many strategies that have been employed to safeguard those who come into the facilities to keep our company providing much needed medicines across the United States and Canada. It is this work that allows our products to reach our customers. It is this work that keeps the Hyland's machine humming and frankly

keeps us in business.

These are our Hyland's Heroes. They are the employees who show up for F&E, IT, Shipping, Customer Service, HR, Janitorial, Quality, Manufacturing, Warehouses, Accounting, and Shipping - to



Josephine Lumucsko and Luceli Tabayan

physically make and get the products out the door. They are at work at every facility under the Hyland's umbrella.

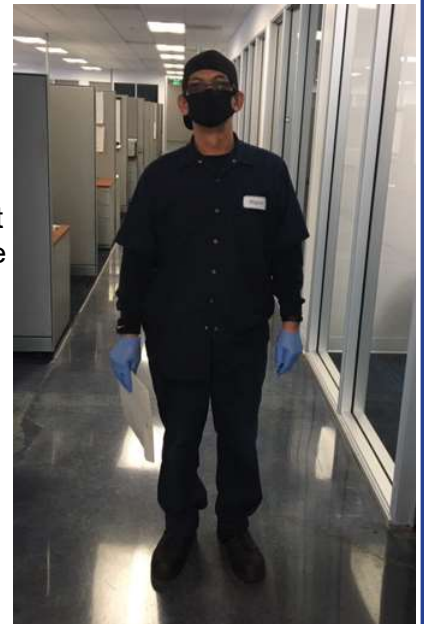
We very much acknowledge that this is a stressful time for everyone because our worlds have been upended. Work from home (WFH) with family members underfoot, new daily routines, extra gear to just go out the door and the scavenger hunt for groceries can put anyone on edge.

We are grateful for the positive attitudes of our team during this strange time. For those who don't have to stay home, they have said the commute has never been easier. For those who like to spend time outside, the air quality hasn't been this great in decades!

Like all clever humans, they have learned to adapt to the new situation. For example, at Walnut the number of employees are down to such a small group, the ladies have divvied up the bathrooms so each of them has a personal stall, reducing the risk of transmission in those spaces.

Our Hyland's Heroes are blazing a trail for adaptations that might prove helpful when we all return to work at our facilities.

While each one of us plays a part in keeping the company healthy and strong, we encourage you to reach out to our Hyland's Heroes and pass along your appreciation.



cont'd p. 6-11

Miguel Solorio

Standard Matters is published by Standard Homeopathic Company to provide information to all employees about the happenings across all of our companies. Your input is welcome. Ideas, comments and stories should be forwarded to [beth@hylands.com](mailto:beth@hylands.com).



# JAY'S JOURNAL



We've learned a new phrase, soon to join with the popularity of 'to Google' in the lexicon. It is "Zoom meeting." Formerly called a video conference call, Zoom meetings dominate the calendar of the sheltering in, work-from-home staff.

Typically these meetings start with a heartfelt "how are you?" really meaning, "Are you ok? Is the solitude making you crazy? Are your kids driving you nuts?" And so, I'll begin this journal with the same question, "how are you?" It is not an easy question. There's fear of going to the supermarket. There are calls about this or that family member who is infected, or worse, has perished. There are the strange working hours as working becomes "something to do." So, I hope you are ok.

Which leads to the next question. What happens next? There are so many answers that sometimes it feels like there are no answers. I'll try a few predictions.

1. This will not end soon.

While there may be a gradual return to work and a step-by-step reopening of institutions, the virus isn't going anywhere. People will still become sickened, and the back end of the curve will be around awhile.

2. There will be a new normal, but we don't know what it is.

There will be some things we learn from the global shutdown. For example, a one-hour meeting on Zoom is far more efficient than a four-hour flight and a one-hour in-person meeting. Business travel will decline - for fear of infection and a search for efficiency. The same reasoning applies to long commutes. In LA, a forty-five-minute commute each way is pretty normal. Working from home two days a week adds three hours to your life. Manufacturing may move in the direction of small discrete groups who work together with little interaction with other groups. Social distancing may be the new normal. You won't wear a mask to rob a bank, but you will to make a deposit.

3. Big social gatherings will be anxiety-producing.

The days of arena rock or packed stadiums may be numbered. The anxiety produced by being immersed in a large uncontrolled crowd may be

more than many people can handle. With no adequate detection of this virus - or the next one - the assumption may be made that everyone is infected, and no one is safe. Is it worth the risk to see the LA Chargers? What about just going to Church?

4. It may never be over.

The one thing we learned about this event is that zoonotic viruses (viruses that can jump from one species of host to another) are a real threat to civilization. They mutate quickly, are hard to detect, and are very difficult to defend against. The n-CoV virus is one of many in a class. The next one may be on its way already. And, if there is a second wave during flu season next winter, things could get interesting very quickly.

Is there good news? Of course. The curve is flattening, and we are most likely through the worst of this episode. And we are resilient. In a few weeks, we will embark on our journey to the new normal. We will gradually repopulate our offices and factories - with new rules about physical distancing. I think our custom of the handshake may be over. By the end of the summer, if we stay on this trajectory, things will start to feel normal again.

But we will all be changed - and much less innocent.

## IN THE GARDEN...

This is a busy time for the gardens.

The bees are back, and the blooms are everywhere. Roses, snapdragons, catnip, lavender, the list goes on. Hannah is picking celery from the garden for

soup. The culinary herbs are jumping. Early fruit is coming; we are seeing formation on the cherry trees, peach trees, pear trees, and plums. Our first roses, and snapdragons of the season have bloomed. The Ospreys (Sam and Mel) have an egg, the purple martins are settling in, and the bluebirds are plump. The grapes will flower shortly. The gardens haven't gotten the memo about the virus. And that's a good thing.



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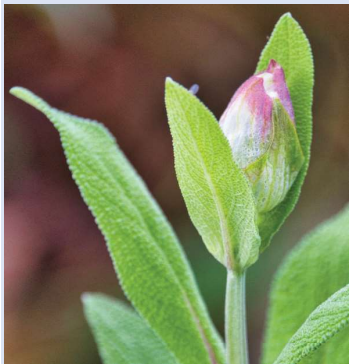


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I have a curiosity for you. Cedar Apple Rust (*Gymnosporangium juniperi-virginianae* schwein.) is a fungus that is wide-spread in eastern North America. It is usually associated with rural areas that alternate between farmland and forest or thicket. What makes it interesting is that it requires two hosts to be present, usually within a mile of each other, a juniper species, usually eastern red cedar (*Juniperus virginiana*), and an apple, crabapple, hawthorn (*Crataegus*) or quince.



Fungus on red cedar



The fungus takes on different forms on each host and most readily noticeable on red cedar. A heavily infested red cedar near my apple orchard looks like a tree decorated for the holidays. Like the corona virus, it amazes me how something so virulent can be so beautiful. That's a good thing as well.

# HUMAN RESOURCE

## Company Team Updates

We are pleased to announce the following promotions. Please join us in extending big congratulations to each of these employees.

- Abraham Rincon – Supervisor, Facility Technician
- April Greenwood – Supervisor, Canadian Division
- Brent Brown – Junior System Administrator
- Chidi Umeh – Manager, Quality Control
- Daniel Flores – Lead, Quality Assurance
- Jennifer Liu – Project Manager
- Jonathan Bongolan – Technician Packaging Set Up
- Jose Lira – Lead, Maintenance Mechanic
- Juan De Alba – Technician 1
- Julia Fredericks – Supervisor, Consumer and Professional Division
- Julia Mahler – Canadian Marketing Coordinator, BC Account Manager
- Julie Lara – Business Process Owner - SOP Management
- Kate Lozada – Research Project Coordinator
- Kimberlea Whitehead – SHCI Marketing Coordinator
- Leigh Anne Davis – Accounting Assistant & Amazon Specialist
- Maricela Mancera – Lead, Packaging
- Nicole Anne Eclevia – Lead, Packaging
- Penny Corey – Supervisor, Independent Retailer & Pharmacy Division
- Ruben Tejada – Supervisor, Maintenance Mechanic
- Salvador Barrera – Quality Engineering Specialist 2
- Stephen Reta – Sr. Manager, Master Control Administration
- Yngrid Panduro – Lead, Label Room
- Zhen Yao – Research Scientist 2

**Congratulations to each of you!  
Thank you for all you do!**

*You make the Difference*

**During these challenging times, let's stay STRONG & POSITIVE!!**

Recognize your co-workers for any of our core values, job well-done, teamwork/ support, above & beyond through our new automated online employee recognition platform: [hylands.workstars.com](https://hylands.workstars.com)

**Congratulations Danilo Baltazar  
Winner of the Let's GO! Grand Prize**

On April 3, our first ever Hyland's step challenge reached its six week conclusion, with Team Carol crossing the finish line first.

Two days later, Paula and her daughter Emma pulled from her dad's cowboy hat, team Carol's random winner - Danilo Baltazar!

Danilo was a real competitor in this challenge, taking 1,072,437 steps during the six weeks!

In September, when Hyland's converges on the rescheduled Boston Marathon, Danilo will be among the Hyland's support team!



**Thank you to our Dedicated Let's GO! Coaches!**

We are so grateful for the support and encouragement that our Boston Marathon Team Coaches gave to their teams during the Challenge. Please join us in a standing ovation for our coaching team:

- Amy Margolis
- Bethany Brown
- Carol Wright
- Jackie Baker
- Jamie Richard
- Jessica Rosetti
- John Ladesic
- Juan Tisera
- Meleah Shenk
- Mike Ehredt
- Nick Haney
- Paulette Dalton
- Tanner Smith
- Walter Brown



**Out of Office...by Elyse Boulanger**

In February, I got to go on my trip of a lifetime - Africa! My husband Phil and I chose the country of Tanzania for its beauty and diversity. We started in Kilimanjaro, then traveled through the Arusha region, where the Massai are the best known indigenous culture, visiting a Massai village, an elementary school, two national parks (safaris), several plantations, and finished on the island of Zanzibar.

*Editor's note: In order to give Elyse's Tanzanian adventures adequate coverage, we will present it here and in subsequent issues of Out of Office. Keep watching!*



Left: Phil and Elyse at the base of the Mt. Kilimanjaro trail.



Left: Stunning vegetation along the Marangu trail to the first level of Mandara huts, 2,720 m altitude. 20 km (12mi) hike, round trip.



Above: Jam-packed tuk-tuk getting produce to sell in another local market.



Left: The most economical homes are built from dirt and manure. This one had bright beautiful women's clothing hanging outside.



Left: Rhotia Valley Children's Home in Karatu. At their school, where the teacher student ratio is 8/400, we were met by kindergarten kids, who enthusiastically welcomed us with a song.

**Out of Office** is a **new** recurring feature in *Standard Matters*, which will feature employees on vacation, on a day-trip or adventure. Please send photos, including one of you during your trip to [beth@hylands.com](mailto:beth@hylands.com) along with a description of your trip, where you went, what took you there and who shared the adventure. Tell us what made it special for you!

# Secure Video Conferencing 101

From the Cybersecurity Committee

by: Brent Brown

## 1. Zoom in the News

You may have seen Zoom recently get some press surrounding privacy concerns and “Zoombombing” events during the Covid-19 pandemic. Here’s what you need to know.

- Zoom quickly corrected the potential security flaw and tightened down its security measures by making encryption mandatory for any meetings – Fortunately our IT Department had already forced all accounts to use encryption prior to this; thus, ensuring secure and safe meetings for Hyland’s.
- Zoom has now added a ‘Security’ button to the hosts control panel, allowing hosts to lock the meeting, and not allow anyone else in until they are admitted by the host to join.
- As far back as April 1st, Zoom has fixed and patched out the vulnerabilities exposed during this time. Therefore, if you get a popup asking to update Zoom, please go ahead and allow the update. This will ensure we are all on the latest version with most recent patches installed.

Given all of this, the IT Department continues to encourage Zoom users to continue hosting meetings without security concerns.

## 2. What About Microsoft Teams?

Great News! Teams will have some new features and fun updates!

- By the end of April, Teams will roll out an update on your computer to include:
  - Support for up to 9 video participants to be simultaneously displayed in a meeting. (Currently it only supports 4.)
  - Custom digital backgrounds for selection by the user.

## 3. How to have a great video conference meeting:

- Be in good lighting! Be sure to sit in a well, evenly lit space. Light shining from behind will block out your face. Always make sure the light source is pointing towards you.
- Think of your camera as a moving portrait – the same rules apply. Sit up straight, be visible from just below your shoulders, and smile!
- Have fun with it! At [tech.hylands.com](http://tech.hylands.com), we have added a link where you can download many different fun backgrounds for your meetings. Why be in your living room when you could be relaxing on the beach?

***The Cybersecurity Committee sends our best wishes to the best team on the planet!***

***#HylandsBestTeamOnThePlanet #HylandsBestTeamInCyberSpace***

## Beware Quizzes and Sharing Games on Social Media

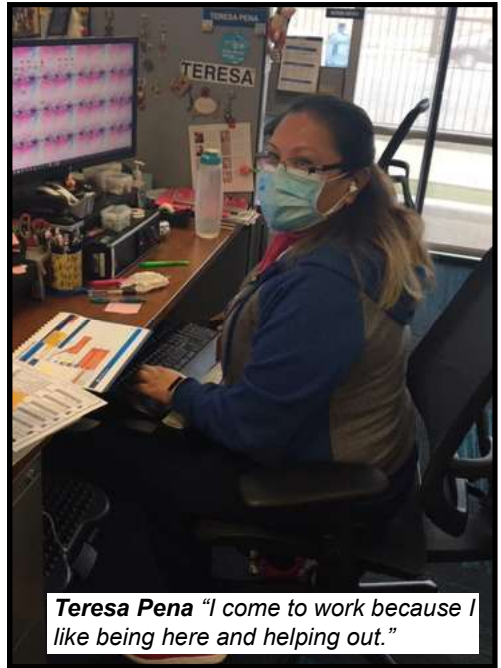
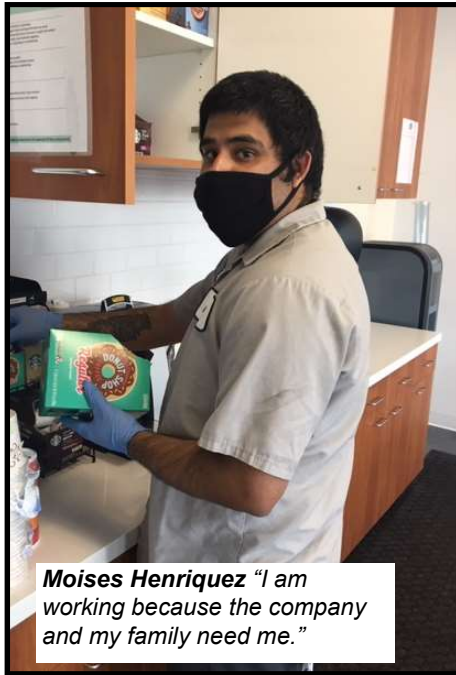
The meme to the right illustrates just one way a hacker could “phish” for your personal information.

We are all socially programmed not to answer a question with a question, but sometimes the perfect answer to a question is “Why do you want to know?” It’s not rude. You have the right to know why someone is asking you a personal question. Even when it’s presented as a fun game or quiz.

Be aware and recognize that the answers to many of these question are the very ones that may allow you to recover a forgotten password.

Where are you from: STOP  
Favorite color: GIVING  
First pet’s name: PEOPLE  
Street you grew up on: YOUR  
First child’s name: PERSONAL  
Favorite restaurant: INFO  
Favorite Teacher’s name: TO  
First Job Title: GUESS  
Favorite food: YOUR  
One unpopular opinion you have: PASSWORDS  
Favorite singer/band: AND  
First Type of car you had: SECURITY  
Your mother’s maiden name: QUESTIONS

**Our Masked Super Heroes...** continued from page 1 ... more on pages 7 - 11





L to R: **Nancy Oeun**: "Working and dealing with COVID 19 is definitely a challenge every day, but staying positive and busy is the way to go. We will get through this!" **Karen Clark**: "I feel very blessed to be able to go to work during these times. Challenges - having product available to ship due to stock being in high demand." **Belinda Swayzer**: "I just thank Hyland's for allowing me to come into work. It's a little stressful seeing people all over the world losing loved ones, and not being able to be there for them. Staying busy is key, and not looking at too much news on TV. Love, Faith, and Perseverance will get us through these difficult times."



**Fabian Noriega**



KOP 1st shift, L to R: **Carly Sewell, Julie Thumm, Linda Thomas, David Baugher and Matt Frankl** in foreground.



KOP 2nd shift, L to R: **Sydnee Jackson, Matt Dimarino, Marie Kennedy, Holly Rushik, Neil Dively and Ed Mansky** in foreground.



**Rafael Reynoso and Edward Villagas**

# Hyland's Heroes...



**Carlos Franco**



**Rodolfo Gonzalez, Derrick Smith and Maria Melena**



**Melanie Billups**



**Ana Ceja**



**Leo Duran:** "I am coming to work because I want to help the community." L to R: **Prudencio Sibayan, Robert Mao and Lina Cortez.**



**Enrique Fernandez**





**Tiffany Bonner, Maria Royea, Kim Whitehead, Carolyn Marsh, Karen Murray** all holding tape measures to make sure they are six feet apart.



**Lee James**



**Merle Nebrija & Lazaro De Guzman**



**Hawaii Octavo**



**Jennifer Gonzalez and Sefulusene Manuao**



**Eloy Paulin, Jr. and Angela Drew**

**More Hyland's Heroes...**



**Teodoro Sibayan & Nardo Edolmo**



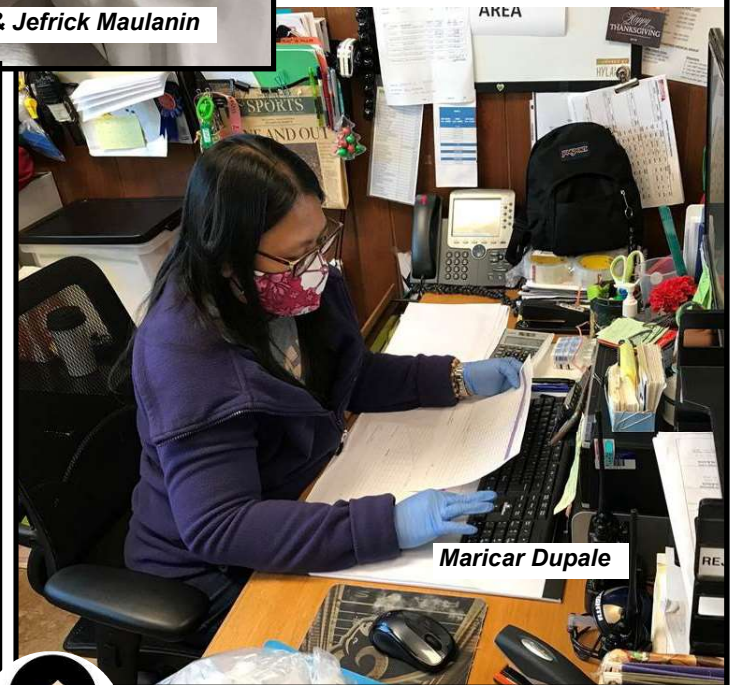
**Nicole Eclevia & Jebrick Maulanin**



**Jose Martinez & Luis Cisneros**



**Martina Alvarado, Maria Nancy Yu & Nicole Eclevia**



**Maricar Dupale**



**Esmeralda Flores & Lourdes Tamondong**



**Marilou Sagala & Nita Limos**





**Lazaro De Guzman**



**Pedro Escalona**



**Mary Ganotice**



**Patrick Santos**



**Sharon Burton**



**Did we miss you? Send your picture in for the next issue! We want to capture ALL our Hyland's Heroes!**



**Rachel Garay & Rowena Harding**

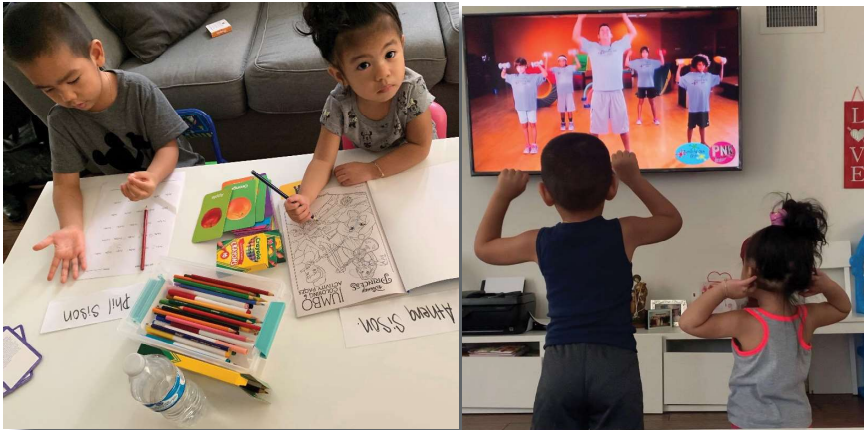


**Ana Rodriguez & Edward Lopez**



## Staying Safe At Home

Whether you call it self-isolation, lock-down or quarantine; whether you hate it or love it, we're all in it together. Some of us are essential workers who need to be present at work but staying home after work. Some of us have the opportunity to work from home. If you have kids, they're in it too and you find yourselves together 24/7. Everyone is learning to cope with this unique situation. Here are some images of how we are spending our time at home.



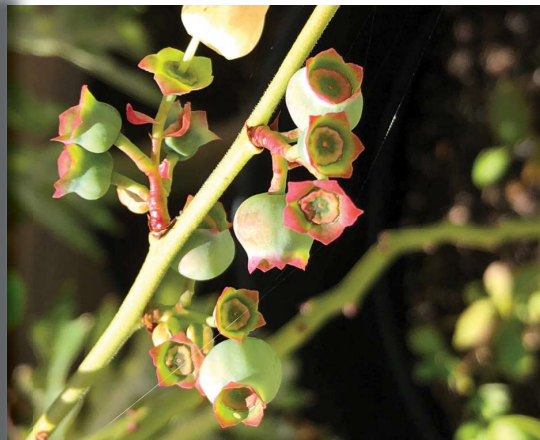
Left: **Dazzel Pasqua** sent these adorable "quarantine homeschool" pictures of her diligent little tots, PJ and Athena. Dazzel said her son calls it "Daddy's School" which includes: Math, Vocabulary, Art, and even PE!



Above: **Marina Gokhman's** daughter, Jamie has been spending her isolation time composing music at her piano.



Above: **Les Hamilton's family** enjoys some time around a fire. Les shared some of his coping strategies with us: "Work out five days a week; Working on house projects and setting specific times to spend with my wife. Music constantly plays in our house. Usually Pandora...the artist will depend on the mood."



Left and above: **Loi Capulong** shared these beautiful photos from her garden of blackberry blossoms and young blueberries.



Above: **Heidi Doucette** bought a bird feeder so she can be uplifted by watching the birds as spring blooms in PA.

# “Noteworthy”

Connecting Through Music

by Jeffrey Spurlock

Thoughtfully curated song recommendations from your co-workers.

## Jeff’s Top 10 Quarantine Albums:

- Hiss Golden Messenger – Terms of Surrender (Americana)
- Joep Beving – Prehension (Classical Piano)
- The National – I Am Easy to Find, Sleep Well Beast (Alternative)
- Jason Isbell – Southeastern (Country / Americana)
- Radiohead – In Rainbows, Hail to the Thief (Alternative / Rock)
- Wilco – A Ghost is Born (Americana / Alternative)
- Yves Tumor – Heaven to a Tortured Mind (Experimental)
- James Vincent McMorrow – Post Tropical (Singer/Songwriter)



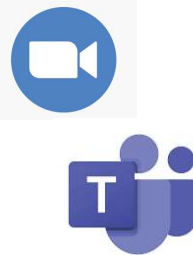
“Noteworthy” is a new feature highlighting music as a great way to connect, motivate and uplift us. What songs inspire you? What music do you associate with an aspect of life? Do you have a themed playlist you want to share? Send your songs, reviews and stories to [beth@hylands.com](mailto:beth@hylands.com).

## Meetings with Zoom and Teams Technology

Impacted by social distancing, WFH (Work from home) employees continue to meet, discuss policy, make decisions and do their behind the scenes work. Here are examples of what that looks like:

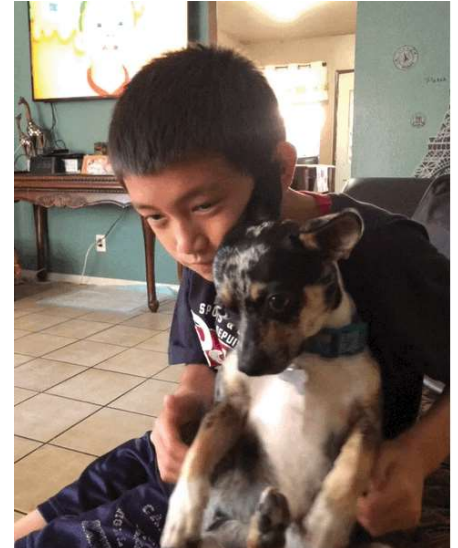


Above: Coronavirus Task Force Meeting  
Below: Leaders Meeting



## PET CORNER

### Airies & Toby



Our featured pet this month is Toby, a great little year and a half old dog of unknown breed that looks like a chihuahua and cattle dog mix. Look closely - he has heterochromia (two different eye colors) which runs in both of those breeds. Toby belongs to Airies David, who works in the Dilution Department at Main Street as a Technician 2.

Airies family was given Toby when he was a year old. Airies told us that her son and daughter absolutely love Toby and as you can see, he gets plenty of play time.

I think we can all agree, pets are the big winners during stay-at-home orders.

♥Pet Corner is a recurring feature in *Standard Matters*. Pets are featured by random selection from the ongoing pool of submissions, so send your pictures and stories to Beth Monaco ([beth@txoptions.com](mailto:beth@txoptions.com)). We also welcome pictures and news about your kids, special events, or anything you want to share.

# 🐾 WHAT'S NEW IN SUTTON 🐾



King Cat - previously featured in our Pet Corner, watches while Nancy Rosen works from home.



Kelly Giroux and Penny Corey spend some down time riding. Shown here with Fiona, Rocket (Pet Corner alumni) and Honey.



Left: Amy Margolis and her husband, David were the featured profile in UltraRunning Magazine in April! Check out the whole article in the link to the right:

<https://ultrarunning.com/featured/blue-collar-runners-amy-margolis-and-david-wilson/>

**ULTRARUNNING**  
MAGAZINE **LIVE LONG.**

## Meanwhile in KOP ⚙️ ⚙️ ⚙️



### We've Got Your Back New Structures for New Times

While the library is closed for the time being and our admin staff, EER and PIS teams work from home, the crucial work of getting product out to our customers is a boots on the ground job.

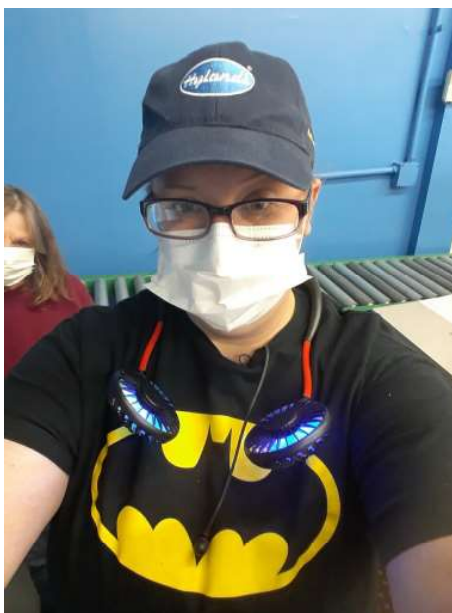
The KOP Shipping Team has divided into two teams, which never overlap or intermingle. This allows not only for more personal space, but also avoids a facility shutdown in the event that someone might become ill or test positive for Covid-19.

The plan is simple; if someone on one team is sick, that team would go out for a two week quarantine, and the other team would then work both shifts until the other team can return.

Abundance of care is taken to avoid infection using PPE, and taking lots of personal space while working and during breaks, as well as following isolation recommendations at home.



Left: Cocoa, Heidi Doucette's dog, and former Pet Corner feature, lays under her chair all day while she is WFH.



Above: Julie Thumm is wearing a pair of personal fans while running the hot shrink wrap machine, to cope with the discomfort of the heat and mask on her face.



# Taking Care of Your Emotional Health

by Joyce Keith

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions. Coping with stress will make you, the people you care about, and your community stronger.

It is natural to feel stress, anxiety, grief, and worry during this time. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family. Self-care during an emergency will help your long-term healing.

Take the following steps to help cope during this time:

- Take care of your body – Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid caffeine, alcohol and tobacco. Indulge in some fun physical activity.



- Connect with others – Share your concerns and how you are feeling with a friend or family member. Talk it out! Maintain healthy relationships and build a strong support system.



- Take breaks – Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths, doing inside activities you usually enjoy and try some relaxation techniques.



- Stay informed – When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from official agencies. Be aware that there may be rumors during this time, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.



- Avoid too much exposure to news – Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about this crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger. We are in this together and we will get out of this together. **BE STRONG!**

*See page 16 for the Hyland's remedies that help us carry on and stay calm.*

# POLLINATING IDEAS

**Coping with the stress of the times...  
Remember the Hyland's medicines you know and trust.**

## Hyland's Calms Forté®

Relieves stress to help you sleep.

Don't waste time on another restless night! Calms Forté provides stress relief and promotes natural sleep through a combination of homeopathically-prepared botanicals and minerals. This safe, gentle and effective medicine eases your body and your mind, soothes your nerves, and reduces irritability, all without diphenhydramine. Find your way to gentle sleep so you can wake up rested and refreshed!



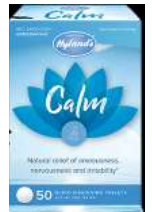
## Hyland's Nerve Tonic®

Daytime Stress Relief

Frazzled nerves can steal away your balance and leave you feeling off your game. Hyland's Nerve Tonic® helps your body handle the stress of everyday life. Available in small, quick dissolving tablets, Hyland's Nerve Tonic® is your answer to stress and nervous tension, allowing you to settle your mind and get on with your day!

## Hyland's Calm

When your mind is tangled with anxious thoughts you can easily find yourself overwhelmed, frustrated, and just not feeling like yourself. Regain a sense of peace and let your worries melt away with Hyland's Calm, a safe, gentle and effective relief of anxiousness, nervousness and irritability. Hyland's Calm eases the symptoms of stress with a non-habit forming and non-drowsy formula that provides natural relief of anxiousness to help restore a sense of tranquility and settle your mind. Calm, part of Hyland's Harmony suite of products designed to keep your days and nights in harmony.

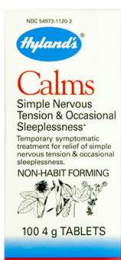


## Hyland's Rest

Put your occasional sleepless nights to bed with Hyland's Rest, a safe and natural way to relieve the anxiousness, nervousness and restlessness that can make falling asleep difficult. Hyland's Rest is safe, non-habit forming and eases the symptoms of occasional sleeplessness gently, without the morning grogginess associated with traditional sleep aids. Hyland's Rest helps you to relieve the stressful symptoms that make it difficult to fall asleep, while also easing wakefulness helping you fall asleep and stay asleep. Hyland's Rest can be taken before bed to help you wind down from your day and gently ease into sleep. Rest can also be taken upon waking during the night to help put you back to sleep, without the fear of a groggy morning. Hyland's Rest is part of Hyland's Harmony suite of products that can help to balance your days and nights.

## Hyland's Young Adult Serene™

Are you having trouble focusing? These days, young adults are faced with pressure in all areas of their lives including school work, sports, and their social lives. This pressure can cause stress, which can lead to symptoms like headaches, irritability, upset stomach, and occasional sleeplessness. Hyland's Young Adult Serene™ is a homeopathic blend of natural active ingredients that works to stimulate your body's own healing. Our quick-dissolve tablets are non-drowsy, without side effects, non-habit forming, and our medicine is made with natural active ingredients.



## Hyland's Calms

Simple Nervous Tension & Occasional Sleeplessness

We all get a little tense sometimes. Hyland's Calms is a natural, non-sedative, non-habit-forming medicine formula that is a combination of four homeopathically-prepared botanicals to help you put your stress behind you, bringing on the calm so you can rest.

