ORGANIC Lullaby Glycerite

**COMPOSITION**
- 1:2 Catnip glycerite *Nepeta cataria* Organic
- 1:3 Chamomile glycerite *Matricaria recutita* Organic
- 1:3 Green oat glycerite *Avena sativa* Organic
- 1:3 Valerian glycerite *Valeriana officinalis* Organic

**PREPARATION**
Blend of single-herb glycerites prepared with fresh organic herbs and organic glycerine. The preparation is stirred daily for 30 days, then pressed and strained. No additives, food colouring or preservatives. No added sugar, no gluten, soy or GMOs, non-irradiated.

**FORMAT**
Amber glass bottle with dropper - 50 ml

**INDICATIONS**
- **Nervous system:** Difficulty sleeping, light sleep, agitated dreams, nightmares
- **Fever:** Agitation due to infectious disease

**CONTRAINDICATIONS AND WARNINGS**
- Known hypersensitivity to plants from the Asteraceae family (re: chamomile1,2,3,4,5,6)
- Consult a health care practitioner if insomnia worsens or persists for more than three weeks

**INTERACTIONS**
No known interactions

**DOSAGE**
- **Children (2 to 4 years of age):** 7 drops (0.37), 1 time per day, at bedtime.
- **Children (5 to 9 years of age):** 15 drops (0.75 ml), 1 time per day, at bedtime.
- Start with small doses to make sure the herbs are well tolerated.
- Shake well, then dilute the glycerite in a small amount of water. Do not mix with milk.

**MECHANISM OF ACTION**
A blend of glycerites created mainly to help children sleep, Lullaby Glycerite is given at the end of the day to bring about pleasant, calm, restorative sleep. It can also be given to older children or anxious, stressed, insomniac adults who would rather not take alcohol-based tinctures. Bear in mind, however, that this blend is mainly soporific and sedative.

**Catnip:** Sedative7,8, relaxant, aromatic, diaphoretic7,8,9,10, antipyretic7,8,9, antispasmodic8,10, analgesic7,9, nerve tonic, soporific and refreshing. Catnip is recommended for difficulty sleeping, stress, anxiety, nightmares, cerebral hyperactivity, hyperactivity, attention deficit, colic7,8,9, digestive problems7, headache7,8,9,10, diarrhea7,8,9, nerve-related liver problems, fever7,8,9, colds7,8,9, arthritic pain9 and rheumatic pain7,9.

**Chamomile:** Antispasmodic2,3,4,11,12,13,14, anti-inflammatory2,3,4,5,8,11,12,14,15, analgesic, antipyretic4, slightly sedative2,3,4,6,15, antiseptic2,3,4,6,15, antacarhral7,12, antibacterial2,3,4,11,12 and cicatrizant5,8,11. Chamomile is mainly taken for stomach ulcers4,8,11,12,15, indigestion4, colic in babies4, gastrointestinal spasms4,5,11,12 gastrointestinal irritation3,5,8,11,12, skin irritation3,5,8,11,12, irritation of the mucosa3,5,11,12, irritation of the respiratory tract11, difficulty sleeping2, depression, anxiety5 and migraines5.

**Green oat:** Nutritive, emollient, nerve tonic9,10, adaptogen, antispasmodic10, slightly antidepressant9, hypnotic6, sedative16 and antipyretic. When combined with other herbs, green oat is recommended for depression1, neurological disorders9, asthenia9, nervous exhaustion10,12,16, neuroasthenia, difficulty sleeping4,10,12,16, physical exhaustion9,10, fatigue, convalescence9,10, fever10, irritability, stress, hyperactivity and withdrawal from drugs16, medication and tobacco16.

**Valerian:** Essentially sedative2,3,4,5,8,11,12,13,15,16,17, and antispasmodic2,3,4,5,8,11,12,13,15,16,17, valerian lessens nervous irritability2,4,11,17, tension5,11,12,15,17, nervousness5,11,12,15,17, anxiety2,4,5,12,15, pain5,11 and cramps2,4,5 and eases nerve-related heart problems1,5,15,16 and difficulty sleeping3,5,8,12,15.

**FAVOURABLE ASSOCIATIONS**
- **GREEN OAT** infusion for hyperactivity and nerve-related problems. Drink 1 litre per day.
- **COLIC TEA** infusion to prevent or treat colic in babies. Give as needed by dropper.
- **ELDERBERRY** infusion for fever, flu and viral infections. Give as needed by dropper.

**SYNERGY OF THE COMPONENTS**
- **Catnip** is of special interest for nervous conditions associated with excessive mental activity. While other calming herbs are more antispasmodic or cardiac sedative, catnip acts specifically on mental hyperactivity, providing much-needed rest and sleep.
- **Chamomile** is mainly a digestive herb, but is also calming, making it ideal for any problem involving the nervous system. Very rich in vitamins and minerals, **green oat** is a nutritive herb that specifically targets the nervous system.
By balancing the nervous system, **valerian** lessens nervous irritability and cramps. It offers a dual effect by relaxing the nonstriated muscles and depressing the central nervous system (CNS). Its valepotriates regulate the autonomous nervous system. Valerian also helps induce sleep and improves the quality of sleep.

**Certification**
Certified organic by an independent third party (Ecocert Canada)
Manufactured according to good manufacturing practices: Natural Health Products Directorate, Health Canada

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17. ESCOP. *Monographs on the Medicinal Uses of Plant Drugs.* Exeter: Centre for Complementary Health Studies; 1996.