

Composure

Canadian blend

A combination of three soothing herbs which have been traditionally used as a mild sedative to relieve nervousness and unrest.

Ingredient

Valerian Root (300 mg per capsule)

Valerian root has been used for centuries to enhance sleep and to relieve restlessness. Today, the majority of valerian research has centered on its ability to aid in establishing healthy sleep patterns.

Passionflower (200 mg per capsule)

Passionflower was used by Native Americans to soothe the nerves. Its constituents maltol, ethyl-maltol and some flavonoids are known for their relaxation properties, and another constituent, passiflorine, reportedly promotes calmness and induces sleep.

Hops Flower (75 mg per capsule)

Hops flowers are best known for their quality as a sleep aid, inducing a relaxing sleep without side effects. In fact, hops are often included in sleep pillows to contribute to relaxation in sleep. It is interesting to note that European herbalists recognize hops as a digestive aid as well.

NPN 80007112



Key Benefits and Features

- Reduces restlessness
- Calms nervous tension
- 90 vegan capsules
- Relaxes muscles
- Promote restful sleep

All of AIM Canada's Natural Health Products Have NPNs

A Natural Product Number (NPN) indicates Health Canada has reviewed the product for its safety, efficacy, and quality; has authorized the health claim; and has allowed the product to be legally sold in Canada.