



Stronger "Heavy-Legs" Tea

A stronger nighttime herbal blend for deep relaxation.



NOTE: This blend can be quite sedating. Best reserved for nighttime only. Avoid combining with sleep medications or alcohol unless approved by your healthcare provider.

INGREDIENTS:

- 1/2 tsp valerian root
- 1/2 tsp skullcap
- 1 tsp passionflower
- 1 tsp chamomile

INSTRUCTIONS:

Steep covered 15 minutes.



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Gentle herbal support for restful evenings.

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