



Stress Relief Tea VIII

brewed and drunk as a tea
Herbal sedative

Fields of application: Nervous excitement, difficulties to fall asleep (insomnia).

Contraindications: No known contraindications.

Interactions with other remedies: No known interactions.

Dosage instructions and type of application:

Pour boiling water (approx. 150 ml) over 1 tablespoonful of tea. Cover and let steep for 10 to 15 minutes and pass through a strainer.

Unless otherwise prescribed, one cup of freshly prepared tea is drunk 2-3 times a day and before going to bed.

Side effects: No known side effects.

Reporting of side effects: If you notice any side effects, contact your doctor or pharmacist. This also applies to any side effects not listed in this information leaflet. You can also report side effects directly to the Federal Institute for Drugs and Medical Devices, Department of Pharmacovigilance, Kurt-Georg Kiesinger-Allee 3, D-53175 Bonn, Website: www.bfarm.de. By reporting side effects you can help provide more information on the safety of this medicine.

Note: Keep out of reach of children. Keep out of direct sunlight and moisture.
Do not use once the use by date has expired.

Active ingredients: 100 g tea contain: valerian root 30 g, balm leaves 25 g, hop cones 15 g, lavender flowers 15 g.

Other components: Rosehip peels, chamomile flowers, liquorice root.

Information updated: April 2021

Available packet sizes: 75 g

Art. No. 703

Eti0421