

Herbs and Supplements for Optimizing Your Sleep



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Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional, and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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Relaxing Herbs That Help with Sleep

- ☐ Lemon Balm
- ☐ Chamomile
- ☐ Lavender
- ☐ Milky Oat
- ☐ Valerian
- ☐ Hops
- ☐ Passion Flower
- ☐ Magnolia
- ☐ Kava Kava



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Supplements to Promote Good Sleep

- ☐ Magnesium
- ☐ Vitamin B-6
- ☐ Melatonin
- ☐ Phosphatidyl Serine
- ☐ 5-HTP
- ☐ GABA
- ☐ Theanine



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