

ERC: Herbs and Supplements for Optimizing Your Sleep

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Dr. Ritamarie Loscalzo

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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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