

SLEEP BETTER!

AFRASIA HEALTH

SLEEP SUPPORT CAPSULES

A supportive aid
for **insomnia**
or sleep
disturbances

OUR PRODUCTS
DO NOT CONTAIN
SUGAR, GLUTEN
OR LACTOSE
SUITABLE FOR
VEGANS /
VEGETARIANS



NAPPI CODED, SO MEDICAL AIDS WILL REIMBURSE THEIR COST IF YOUR PLAN COVERS COMPLEMENTARY MEDICINE
PROUDLY MADE IN SOUTH AFRICA

• Holy Basil
250 mg

• Valerian
100 mg

• Magnesium
50 mg

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SLEEP SUPPORT CAPSULES

Supporting and maintaining good health

AFRASIA HEALTH SLEEP SUPPORT INDICATION

Afrasia Health Sleep Support is a traditional use, combination supplement and is used as a supportive aid for insomnia or sleep disturbances, in the absence of clinical anxiety or depression.

AFRASIA HEALTH SLEEP SUPPORT COMPOSITION

Each capsule contains the following active ingredients:

Ocimum tenuiflorum (Holy Basil) (leaf extract)	250 mg
Valeriana wallichii (Valerian)	100 mg
Magnesium glycinate	50 mg
providing Magnesium (elemental)	5.85 mg

AFRASIA HEALTH SLEEP SUPPORT BENEFITS

Valerian is a herbal medicinal product for relief of mild nervous tension and to aid sleep.

The traditional medicinal herb, **Holy Basil**, acts on the central nervous system to bring about a mild anxiolytic action.

Magnesium glycinate has a calming effect on the brain due to the presence of glycine, which helps relieve anxiety and promote better sleep.

AFRASIA HEALTH SLEEP SUPPORT RECOMMENDED DOSAGE

The recommended dose for adults is 2 capsules with water 1 hour before bedtime, after food, or as directed by your healthcare provider.

AFRASIA HEALTH SLEEP SUPPORT PRESENTATION

Each bottle contains 60 white capsules.
Shrinkwrapped in packs of 6

AFRASIA HEALTH SLEEP SUPPORT RETAIL INFORMATION

Barcode	Nappi code	Product name	Pack size
6009900366364	3002494001	Afrasia Health Sleep Support capsules	60's