

## Restfulness Support for Bedtime

To support a healthy sleep mechanism, there is nothing more powerful and sophisticated than Hempanol PM. Containing all that is needed to support nerve and brain health in a restful and calming way, Hempanol PM is the ideal nighttime formula. Consider the ingredients—CO<sub>2</sub> extracts of organic hemp stalk plus CO<sub>2</sub> extracts of highly aromatic New Zealand hops and chamomile, along with oil of cinnamon and CO<sub>2</sub> wild oregano extract. Nothing could be more supportive for restfulness than this. All these extracts are dense sources of natural complexes known as terpenes, the most sophisticated of which is the all-important, nerve-supporting substance known as beta caryophyllene. Other key nerve-balancing terpenes include limonene, linalool, and pinene. The terpenes are special molecules that are well absorbed by the body and are readily incorporated into nerve tissue; this is what makes them so potent. In addition, beta caryophyllene and other terpenes directly interact with the CB2 receptors. It is the CB2 receptors which act as signaling systems for creating the necessary balance within the body. The CB2 receptors are found in the brain, spinal cord, bones, and far more throughout the day.

Historically hemp extract has been used for relaxation support. In medieval times hops were specifically used for restfulness while cinnamon has long been known as a therapy for nighttime calm. The same is true for chamomile, which has been used as a tea, historically, for relaxation support. Hempanol PM contains a highly specialized kind of chamomile known as organic blue chamomile. The hops, too, is highly specialized, being organically raised, highly aromatic remote-source, New Zealand hops. The wild oregano is a form of P73 supercritical, cold extract, as is the hemp stalk extract, both 100% raw.

**How to use Hempanol PM:** at bedtime take a few drops under the tongue and hold there as long as possible. Repeat as needed. Also use for restfulness when taking a nap. Do not use during the day when drowsiness is not desired. Do not use when driving or operating heavy equipment.



To place an order: North American Herb & Spice (NAHS Therapy), P.O. Box 4885, Buffalo Grove, IL 60089  
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These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.