

Welcome to Nutracontrol's Sleepmix Tea

Our Unique Blend

Nutracontrol is the sole manufacturer, packager and distributor of the Sleepmix formula, utilizing a precise balance of six natural, high-quality herbal ingredients that hasn't changed since its formulation decades ago:

Chamomile, Peppermint, Yarrow, Skullcap, Catnip, and Hops

The tea is manufactured in small quantities to assure freshness and is available in loose or teabag form, packaged or bulk.

Professional and Personal Usage:

- treating sleep disorders
- as an integral part of drug & alcohol detox programs
- people in high stress environments
- hyperactive children and adults
- chronic anxiety relief
- chronic pain relief
- daily stress and anxiety relief
- general aid in detox

Sleepmix can be taken during the day for stress relief and one or two cups at bedtime for better quality sleep. Sleepmix is a pleasant-tasting herb tea and can be used on a continual basis. It does not contain caffeine.

Preparation

1 teabag per cup. Pour boiling water over tea and steep (cover the cup) for 2-10 minutes (determine your personal tolerance level) and drink about an hour before bed. You are also encouraged to drink as much as you want throughout the day. Drink hot or cool. If sweetening is desired, honey is preferred because of its yin qualities (avoid artificial sweeteners such as aspartame/NutraSweet and sucralose/Splenda). The taste of the tea may be considered slightly bitter with longer steeping times. Adding lemon may reduce the bitterness.

(NOTE: people on blood-thinning medication should consult their healthcare provider before drinking large quantities of chamomile.)

May be used on a continual basis. Caffeine free. Will not cause a.m. drowsiness when used as a sleep aid.

Sleepmix tea can be ordered from:

Nutra-Control
PO Box 1199
Old Chelsea Station
New York, NY 10011
212-929-3780



Developed by Michael Smith, this tea is a natural blend of Western herbs formulated to help in detoxification, aid in digestion, prevent insomnia, promote relaxation, and reduce stress. The mixture – 3 parts chamomile and 1 part each peppermint, yarrow, hops, skullcap, and catnip – is reported to calm and soothe the nervous system, stimulate circulation, and eliminate waste products. Because the ingredients are considered food compounds, there are no legal restrictions on the tea's use.

The formula can be used for the treatment of conventional stress and insomnia as well as providing an adjunctive support in addiction treatment settings. It has been shown to be particularly effective in the management of alcohol withdrawal symptoms (one facility discovered its seizure rate increased when the program ran out of tea).

Programs can brew tea on site and/or offer teabags to clients to drink throughout the day reserving enough for a cup before going to bed.

The constituents of Sleepmix tea have been reported to have the following effects:

Hops: Calm the nervous system, stimulate appetite, dispel gas and relieve intestinal cramps. Recommended for nervous diarrhea, insomnia, and restlessness.

Yarrow: Stimulate appetite; relieve stomach cramps, flatulence, and gastritis, and to relieve gall bladder and liver problems by stimulating bile flow.

Catnip: Relieve upset stomach, colic, spasms, flatulence, and stomach acidity.

Peppermint: Useful for nervousness, insomnia, cramps, coughs, migraines, poor digestion, heartburn, nausea, abdominal pains, headaches and vomiting due to nervousness.

Skullcap: Good for spasms, convulsions, and nervous conditions such as excitability, insomnia, and general restlessness. Also recommended for neuralgias and delirium tremens.

Chamomile: Has been used for flatulence, colic, dyspepsia, and restlessness.

You can order online or visit: <http://www.sleepmix.com/> for more information about Sleepmix Tea. This information was downloaded on March 1, 2022.

**Sleepmix has not been approved by the FDA, and Nutracontrol makes no claims as to the efficacy of its product. All content presented on this site is for informational purposes only and is not intended to treat or diagnose. Please consult your healthcare practitioner before taking this or any other supplement or herbal product.*

