

# Calming Complex

Chamomile has been traditionally used in Western herbal medicine to relieve nervous tension. Chamomile also supports a restful sleep.

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Chamomile

Herb Based



## What are the key ingredients?

- Chamomile: The flower heads of *Matricaria recutita* (German chamomile) have been used for medicinal purposes since ancient times due to its reputed anti-inflammatory and antispasmodic properties. Known for its ability to soothe smooth muscle spasms, chamomile is perfect for relaxing muscles and easing tension, making it ideal for promoting a restful night's sleep.

## How does it benefit you?

- Supports restful sleep.
- May help to relieve mild nervous tension.

## How do I take it?

Take 1 tablet 3 times per day.

## Who is it suitable for?

Can be used by both men and women to provide additional support for general wellbeing.

## You might also want to try

Formula 1 Nutritional Shake Mix, Herbal Aloe Concentrate, Instant Herbal Beverage and Formula 2 Multivitamin Complex.

Always read the label – use only as directed.  
If symptoms persist consult your healthcare practitioner.

To learn more, visit [Herbalife.com.au](https://www.Herbalife.com.au)

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