

PRODUCT INFO

DREAMY INFUSION

RELAXING, CALMING, RESTORATIVE

15 (4.6 g) Single-Serve Packets

Struggling to switch off at night? Ease your mind* before bedtime with Dreamy Infusion—a soothing*, herbal infusion with Lemon Balm, Chamomile, and Magnesium. This calming*, nightly ritual helps you to unwind, relax* your body, and drift into dreaming. You'll wake up feeling restored*, refreshed*, and ready to make the most of your day.

Features and Benefits:

- Helps you wind down and reduce stress* after a long, hectic day
- Has restorative properties* that help you wake up refreshed
- Supports a positive mood* and a healthy immune system**



Nutrition information / Informations nutritionnelles / Información nutricional / Nährwertinformationen / Ravintosisäätö / Ernæringsinformation / Næringsinnhold / Voedingswaarde-informatie / Näringsinformation		
Serving size: 1 packet (4.6 g) / portion indiquée: 1 paquet (4.6 g) / Tamaño por ración: 1 paquete (4.6 g) / Serviergröße: 1 Packung (4.6 g) / annoskoko: 1 paketti (4.6 g) / serveringsstørrelse: 1 pakke (4.6 g) / Serveringsporsjon: 1 pakke (4.6 g) / Portiegrøtete: 1 pakje (4.6 g) / serveringsstørrelse: 1 pakke (4.6 g)		
	Per 100 g powder / pour 100 g poudre / Por 100 g polvo / pro 100 g pulver / per 100 grammassa jauhe / Pr 100 g pulver / Per 100 g pulver / Per 100 g pulver	Per serving (4.6 g in 300 ml water) / Pour portion (4.6 g dans 300 ml d'eau) / Por ración (4.6 g en 300 ml de agua) / Pro Einzelportion (4.6 g in 300 ml Wasser) / Annosia kohti (4.6 g 300 ml:ssa vetiä) / Pr servering (4.6 g i 300 ml vand) / Per porsjon (4.6 g i 300 ml vann) / Per portie (4.6 g in 300 ml water) / Per portion (4.6 g i 3 dl vatten)
Energy / énergie / Valor energético / Energie / energia / energi	243 kcal / 1016 kJ	11 kcal / 46 kJ
Fat / matières grasses / Grasas / Fett / rasva / fedt / Vetten	0.6 g	0 g
Of which saturates / dont acides gras saturés / de las cuales saturadas / davon gesättigte Fettsäuren / josta tydyttyneitä / heraf mættede fedtsyrer / Hvorav mættede fettsyrer / Waarvan verzadigde vetzuren / varav mættat fett	0 g	0 g
Carbohydrates / glucides / Hidratos de carbono / Kohlenhydrate / hiilihydraatit / kulhydrat / Karbohydrater / Koolhydraten / kulhydra	32 g	1.5 g
Of which sugars / dont sucres / de los cuales azúcares / davon Zucker / josta sokereita / heraf sukkerarter / Hvorav sukkerarter / Waarvan suikers / varav sockerarter	2.5 g	0 g
Protein / protéines / Proteínas / Eiweiß / proteini / Eiwitten	0.6 g	0 g
Salt / sel / Sal / Salz / suola / Zout	0.67 g	0.03 g
Vitamin B6 / Vitamine B6 / Vitamina B6 / B6-vitamiini	6.9 mg	0.32 mg (22.5% NRV)
Magnesium / magnésium / magnesio	1857 mg	84 mg (22.5% NRV)

NRV = Nutrition reference values / *NVR = valeurs nutritionnelles de référence / *NVR = valores de referencia de nutrientes / *NRV = Nährstoffbezugswerte / *NRV: ravintoainneiden vertailuanvot / *NRV: næringsstoffreferensverdier for en voksen gjennomsnittsperson (8400 kJ/2000 kcal) / *NRV: Referensverdier for næringsstoffer for en voksen gjennomsnittsperson (8400 kJ/2000 kcal) / *NRV: Voedingswaardereferenties / *NRV = næringsreferensvärde för en genomsnittlig vuxen (8400 kJ/2000 kcal)

Ingredients: Bulking agent (acacia gum), Chicory inulin (28%), magnesium citrate, lemon balm extract (5%, *Melissa officinalis*), chamomilla extract (2%, *Chamomilla matricaria*), passion flower extract (*Passiflora incarnata*), lavender extract (*Lavendula officinalis*), natural mint flavouring, sweetener (steviol glycosides), pyridoxine hydrochloride.



*Magnesium and Vitamin B6 contribute to the normal function of the nervous system and normal psychological function
 **Vitamin B6 contributes to the normal function of the immune system

SUGGESTED USE

Mix one packet with 250 ml – 300 ml of hot or cold water and drink 30-60 minutes before bedtime to ease your mind before your head hits the pillow. Enjoy one serving per day.

Warning: Not recommended for children or pregnant women. A varied, balanced diet and a healthy lifestyle is important. Protect from heat, light and moisture. Store at room temperature. Do not use if seal is broken or missing.

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FREQUENTLY ASKED QUESTIONS

When and how should I drink Dreamy Infusion?

Mix one packet of Dreamy Infusion with 250-300 ml of hot or cold water to help relax* your body and mind 30-60 minutes before bedtime. This herbal infusion helps you to unwind*, soothe* your body, and drift into dreaming, and is specially formulated with Lemon Balm, Chamomile, and Magnesium.

Why should I drink Dreamy Infusion?

A relaxing bedtime isn't just in your dreams! If you're struggling to switch off at night after a long hectic day, a soothing cup of Dreamy Infusion before bedtime can help to ease and unwind your mind.* Specially formulated with Lemon Balm, Chamomile, and Magnesium, this herbal infusion helps you to relax* your body as you drift into dreaming. You'll wake up feeling restored*, refreshed*, and ready to make the most of your day.

What are some of the key ingredients in Dreamy Infusion?

Dreamy Infusion is specially formulated with key ingredients, including:

- **Lemon Balm** – Helps to support relaxation and mental and physical wellbeing
- **Magnesium** – Supports normal psychological functions, including cognitive and brain function
- **Chamomile** – Traditionally used in aromatherapy for relaxation support
- **Vitamin B6** – Contributes to the normal function of the immune system

What makes you restless before bedtime?

Few things are more frustrating than watching the minutes tick by you as lay awake in bed, wishing your mind would turn off so you could sleep for the night. In general, we all encounter this because we live in a fast-moving, high stress, digitally charged environment that causes our bodies to store stress and our minds to keep processing. Bedtime can be the time where you may experience an active imagination or start to think about your to-do list for the next day. There are many reasons—and all are unique to your situation—but we all desire rest before bedtime. Dreamy Infusion is here to help you relax* and unwind* so you can drift into dreaming.

What flavour is Dreamy Infusion?

Dreamy Infusion comes in a Natural Mint Flavour.

Does Dreamy Infusion contain gluten?

Dreamy Infusion is formulated with only gluten-free ingredients. It is not currently tested for gluten that may or may not be introduced during the manufacturing process.

Can I allow my children to drink Dreamy Infusion?

Dreamy Infusion is recommended only for adults age 18 and older.

Can I use Dreamy Infusion if I am pregnant, nursing, taking medications, or have a medical condition?

Before using any new product, we suggest that you consult your physician to find out if it is right for you. Not recommended for children or pregnant women.