

**SLEEP AND DREAM- anemone pulsatilla, avena sativa flowering top, calcium sulfide and zinc valerate dihydrate tablet**

**Similasan Corporation**

*Disclaimer: This homeopathic product has not been evaluated by the Food and Drug Administration for safety or efficacy. FDA is not aware of scientific evidence to support homeopathy as effective.*

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**Sleep and Dream**

Sleep & Dream

Drug Facts

**Active Ingredients**

Avena sativa (Wild Oat) 12X

**Purpose**

sleeplessness, nervousness

**Active Ingredients**

Hepar sulphuris calcareum 12X

**Purpose**

restlessness

**Active Ingredients**

Pulsatilla (Pasque Flower) 15X

**Purpose**

irregular or agitated sleep

**Active Ingredients**

Zincum valerianicum 12X

**Purpose**

sleeplessness

**Uses\***

According to homeopathic principles, the active ingredients in this product temporarily relieve minor symptoms such as:

- occasional sleeplessness and/or restless, light sleep
- difficulty in going to sleep and frequent waking during the night

- disturbed sleep due to inability “to switch off”, tenseness and restlessness

### **Warnings**

- According to homeopathic principles, symptoms may temporarily worsen before improving (Initial exacerbation of symptoms).
- Consult a physician if symptoms worsen or persist for more than 72 hours.

**If pregnant, trying to get pregnant or breast feeding, ask a health professional before use.**

**Keep out of reach of children.**

In case of accidental overdose get medical help, or contact a Poison Control Center right away.

### **Directions**

For adults and children ages 2 and above:

Take 1-2 tablets 1 hour before bedtime and then again at bedtime or as needed. Tablet may also be dissolved in a glass of water.

### **Other Information**

Active ingredients are manufactured according to homeopathic principles.

### **Inactive Ingredients**

Lactose, Magnesium stearate

### **Questions?**

Reach our representatives at 1-800-240-9780 or [getinfo@similasanusa.com](mailto:getinfo@similasanusa.com).

[www.SimilasanUSA.com](http://www.SimilasanUSA.com)

\*These statements are based upon traditional homeopathic principles. They have not been reviewed by the Food and Drug Administration.

### **PRINCIPAL DISPLAY PANEL**

NDC 59262-603-30

Sleep & Dream

Pasque Flower &

Wild Oat Actives

60 Dissolvable Tablets



## SLEEP AND DREAM

anemone pulsatilla, avena sativa flowering top, calcium sulfide and zinc valerate dihydrate tablet

### Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:59262-303
Route of Administration	ORAL		

**Active Ingredient/Active Moiety**

Ingredient Name	Basis of Strength	Strength
AVENA SATIVA FLOWERING TOP (UNII: MA9CQJ3F7F) (AVENA SATIVA FLOWERING TOP - UNII:MA9CQJ3F7F)	AVENA SATIVA FLOWERING TOP	12 [hp_X]
CALCIUM SULFIDE (UNII: 1MBW07J51Q) (CALCIUM SULFIDE - UNII:1MBW07J51Q)	CALCIUM SULFIDE	12 [hp_X]
ANEMONE PULSATILLA (UNII: I76KB35JEV) (ANEMONE PULSATILLA - UNII:I76KB35JEV)	ANEMONE PULSATILLA	15 [hp_X]
ZINC VALERATE DIHYDRATE (UNII: MN0RX54EQA) (VALERIC ACID - UNII:GZK92PJM7B)	ZINC VALERATE DIHYDRATE	12 [hp_X]

**Inactive Ingredients**

Ingredient Name	Strength
LACTOSE (UNII: J2B2A4N98G)	
MAGNESIUM STEARATE (UNII: 70097M6I30)	

**Product Characteristics**

Color	WHITE	Score	no score
Shape	ROUND	Size	8mm
Flavor		Imprint Code	
Contains			

**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:59262-303-30	60 in 1 BOTTLE; Type 0: Not a Combination Product	02/01/2017	

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
UNAPPROVED HOMEOPATHIC		02/01/2017	

**Labeler** - Similasan Corporation (111566530)