

Name	Primary functional categories	Minimum functional amount	Amount (g) per dose	Amount (g) for a course	Sleep	Stress and anxiety	Digestion	Energy and fatigue	Mental clarity and focus	Immunity and recovery
ALBIZIA	Sleep, Stress and anxiety, Mental clarity and focus	1,5	45	450	8	9			6	
ANISE	Stress and anxiety, Digestion	1	30	300		6	8			
ASHWAGANDHA	Sleep, Stress and anxiety, Mental clarity and focus, Energy and fatigue	2	60	600	8	9		7	6	
ASIATIC CENTELLA	Mental clarity and focus, Immunity and recovery	2	60	600					8	7
BACOPA	Mental clarity and focus, Energy and fatigue	1	30	300				7	9	
BITTER ORANGE peel	Sleep, Stress and anxiety, Digestion	0,5	15	150	5	6	7			
BITTER ORANGE flower	Sleep, Stress and anxiety, Digestion	1	30	300	7	8	6			
BLUE LOTUS	Sleep, Stress and anxiety	0,5	15	150	9	8				
BOLDO	Digestion, Immunity and recovery	1	30	300			8			6
CALENDULA	Digestion, Immunity and recovery	1	30	300			7			7
CHAMOMILE	Stress and anxiety, Digestion	1	30	300		8	7			
CHRYSANTHEMUM	Mental clarity and focus, Immunity and recovery	1,5	45	450					7	7
CINNAMON	Energy and fatigue, Digestion, Immunity and recovery	0,5	15	150			6	8		7
CISTUS CRETICUS (RO)	Digestion, Immunity and recovery	1,5	45	450			5			9
DANDELION	Digestion, Immunity and recovery	1	30	300			8			7
ECHINACEA	Immunity and recovery	2	60	600						9
FENNEL	Digestion	1,5	45	450			8			
GARCINIA	Digestion	1	30	300			7			
GINGER	Digestion, Energy and fatigue, Immunity and recovery	1	30	300			8	7		7
GINKGO BILOBA	Mental clarity and focus, Immunity and recovery	1	30	300					9	7
GREEN TEA	Immunity and recovery, Mental clarity and focus, Energy and fatigue	1	30	300				8	8	7
HIBISCUS	Digestion, Immunity and recovery	1,5	45	450			6			7
KOREAN GINSENG	Mental clarity and focus, Energy and fatigue, Immunity and recovery	0,5	15	150				9	8	8
LAVENDER	Sleep, Stress and anxiety	1	30	300	8	9				
LEMON GRASS	Sleep, Stress and anxiety, Digestion	1	30	300	6	7	6			
LEMON BALM	Sleep, Stress and anxiety, Digestion	1	30	300	7	9	6			
LICORICE	Digestion	1,5	45	450			7			
LINDEN	Sleep, Stress and anxiety	1,5	45	450	8	8				
MAGNOLIA	Sleep, Stress and anxiety	0,5	15	150	8	9				
MALVA SYLVESTRIS	Digestion, Immunity and recovery	2	60	600			8			7
MICROMERIA FRUTICO	Stress and anxiety, Digestion	1	30	300		7	6			
OSMANTHUS	Sleep, Stress and anxiety, Mental clarity and focus	0,5	15	150	7	8			6	
PASSIONFLOWER	Sleep, Stress and anxiety	1,5	45	450	9	8				
PEPPERMINT	Digestion	1,5	45	450			8			
RASPBERRY	Digestion, Immunity and recovery	1,5	45	450			6			7
ROSE	Sleep, Stress and anxiety, Mental clarity and focus	0,5	15	150	6	8			6	
ROSEMARY	Digestion, Energy and fatigue, Mental clarity and focus	1	30	300			6	8	8	
SALVIA FRUTICOSA	Stress and anxiety, Digestion	1	30	300		7	6			
SENNA	Digestion	0,5	15	150			9			
TURMERIC	Immunity and recovery	1	30	300						9
VALERIAN	Sleep, Stress and anxiety	1,5	45	450	9	7				