

Sleep (Schlaf)

Iris Milliken—Ohio, January 2003

I've been using the herb (capsules) less than a month. The quality of my sleep has improved. I usually woke a 2 and 4 a.m. Now I sleep through till the alarm goes off at 6 a.m. I'm in menopause and thought I'd never sleep all night again.

Joan Mode, Aurora, CO—Dec. 2001

I like the way it (jiaogulan capsules) help me sleep.

UPDATE, August 2003

I still take it because it helps me sleep.

Benét Leigh—California, August 2003

I've gotten my first good night's sleep in 5 years, in spite of all the stress in my life, and without changing anything else. Thank you.