CLAIMS

1. Use of herbal extracts in the manufacture of a composition for improving sleep and social interaction and reducing concern or worry in mammals, the composition comprising:

an effective amount of an extract of at least two ingredients selected from:

a) *Crateva nurvala*;

b) *Equisetum arvense*; and

c) *Lindera aggregata*,

wherein the composition is formulated as an oral dosage unit selected from one of a tablet, capsule and caplet to be administered to a mammal in need thereof.

2. The use according to claim 1, wherein the effective amount is about 190mg to 2400mg daily.

3. The use according to claim 1, wherein the composition is administered for about 8 weeks.

4. The use according to claim 1, wherein the composition comprises at least three ingredients.

5. The use according to claim 1, wherein the *Lindera aggregata* is standardized.

6. The use according to claim 1, wherein the *Equisetum arvense* is standardized.

7. The use according to claim 1, wherein the *Crateva nurvala* is standardized.

8. Use of herbal extracts in the manufacture of a composition for improving sleep, energy and social interaction and reducing concern or worry in mammals, the composition comprising:

an effective amount of an extract of at least two ingredients selected from:

a) *Crateva nurvala*;

b) *Equisetum arvense*;

c) *Lindera aggregata*; and

d) *Zea mays*.

wherein the composition is a tablet, capsule or caplet, to be administered to a mammal in need thereof.

9. The use according to claim 8, wherein the effective amount is about 282mg to about 3200mg daily.

10. The use according to claim 8, wherein the period is about 8 weeks.

11. The use according to claim 8, wherein the composition is comprised of an extract of *Crateva nurvala*, *Equisetum arvense*, *Lindera aggregata*, and *Zea mays.*

12. The use according to claim 8, wherein the *Lindera aggregata* is standardized.

13. The use according to claim 8, wherein the *Equisetum arvense* is standardized.

14. The use according to claim 8, wherein the *Crateva nurvala* is standardized.

15. The use according to claim 8, wherein the *Zea mays* is standardized.

16. The use according to claim 10, wherein the composition is administered for about eight weeks.

17. A composition comprising an extract of at least three ingredients selected from:

a) *Crateva nurvala*;

b) *Equisetum arvense*;

c) *Lindera aggregata*; and

d) *Zea mays,*

wherein the composition is a tablet, capsule or caplet, to be administered to a mammal.

18. The composition of claim 17, wherein the effective amount is about 282mg to about 3200mg daily and the composition is administered for about 8 weeks.

19. The composition of claim 17, wherein the ingredients of the composition are standardized.

20. The composition of claim 17, wherein the composition is administered for at least two weeks.