CLAIMS

1. Use of herbal extracts in the manufacture of a medicament for improving sleep and social interaction and reducing concern or worry in mammals for the treatment of disorders relating to sleep, social interaction, concern or worry, not including disorders of the urogenital system, the medicament 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 medicament 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 medicament is to be administered for about 8 weeks.

4. The use according to ~~method of~~ claim 1, wherein the medicament comprises at least a) *Crateva nurvala,* b) *Equisetum arvense,* and c) *Lindera aggregata*.

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 medicament for improving sleep, energy and social interaction and reducing concern or worry in mammals for the treatment of disorders relating to sleep, energy, social interaction, concern, or worry, not including disorders of the urogenital system, the medicament 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 medicament 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 medicament is to be administered for about 8 weeks..

11. The use according to claim 8, wherein the medicament 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. A medicament 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 medicament is a tablet, capsule or caplet, to be administered to a mammal.

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

18. The medicament of claim 17, wherein the ingredients of the medicament are standardized.

19. The medicament of claim 17, wherein the medicament is to be administered for at least two weeks.