

HERBAL METHODS FOR THE IMPROVEMENT OF SLEEP, SOCIAL INTERACTION, CONCERN OR WORRY

ABSTRACT

Methods for, among other things, improving sleep, energy and social interaction and reducing concern or worry in mammals are provided. In one embodiment, the method includes administering a tablet, capsule or caplet of 190mg to 3200mg of compositions that include extracts of *Crateva nurvala*, *Equisetum arvense*, *Lindera aggregata*, and *Zea mays* daily

Fig. 5