

ESE®

Get the rest and relaxation you need to feel your best. Crafted with a calming blend of valerian and other select herbs, Ese® can be taken during the day to promote a feeling of tranquility or before bed to help you ease into a restful sleep and wake up feeling refreshed. Our convenient vegan capsules are perfect for home and on the go.

BENEFITS

- Supports restful sleep
- Promotes relaxation
- Helps ease tension during the day
- Highly concentrated formula



100 capsules #20261

INGREDIENT HIGHLIGHTS

VALERIAN

Valerian root has been an herbal favorite in many cultures for centuries and has long been used to promote restful sleep in those with occasional sleeplessness. Widely known also as a calmativ, this venerable herb is also useful to help ease feelings of restlessness and nervousness.

JAPANESE PAGODATREE FLOWER

The flowers of the pagoda-tree contain potent flavonoids such as rutin and quercetin. These natural substances exhibit strong antioxidant activities, helping to protect the body against free radical damage.

GOU TENG

This herb is commonly used in traditional Chinese herbal medicine. Gou teng is known for its antioxidant properties and potential health benefits, particularly in relation to the central nervous system. It is often used to support cardiovascular health and help calm inflammation.

CASSIA SEED

Cassia seed refers to the dried seeds of the Cassia plant (also known as Cassia tora) and is commonly used in traditional Chinese medicine. Cassia seed is known for its various potential health benefits, including supporting digestion and promoting eye health.

HOW TO USE

Adults: For the relief of restlessness and nervousness: Take 1 to 2 capsules 3 times a day. As a sleep aid: Take 3 capsules 1 to 2 times a day. Take a single dose 30 to 60 minutes before bedtime. Take an earlier dose during the evening if necessary. For prolonged use, consult a health care practitioner

Owner Expertise Formulation

Kosher Certified

Self-Manufactured in the USA

Made with Natural Ingredients

Halal Certified

Medicinal ingredients / Ingrédients médicinaux :	
Each capsule contains / Chaque gélule contient :	
Gou teng (<i>Uncaria rhynchophylla</i> , Branchlet / Brindille)	50 mg
Cassia seed / Graine de cassia (<i>Senna tora</i> , Seed / Graine)	50 mg
Valerian / Valériane (<i>Valeriana officinalis</i> , Root / Racine)	30 mg
Japanese pagodatree flower / Fleur de sophora du Japon (<i>Styphnolobium japonicum</i> , Flower / Fleur)	30 mg
Qian hu (<i>Peucedanum praeruptorum</i> , Root / Racine)	30 mg
Ju hong (<i>Citrus reticulata</i> , Fruit peel outer / Pelure du fruit)	30 mg
Zhi ban xia (<i>Pinellia ternata</i> , Rhizome)	30 mg
Simultaneous extract / Extrait simultané	
Gou teng (<i>Uncaria rhynchophylla</i> , Branchlet / Brindille) Extract / Extrait	50 mg (3 : 1, QCE / QBE 150 mg)
Cassia seed / Graine de cassia (<i>Senna tora</i> , Seed / Graine) Extract / Extrait	50 mg (3 : 1, QCE / QBE 150 mg)
Valerian / Valériane (<i>Valeriana officinalis</i> , Root / Racine) Extract / Extrait	30 mg (3 : 1, QCE / QBE 90 mg)
Japanese pagodatree flower / Fleur de sophora du Japon (<i>Styphnolobium japonicum</i> , Flower / Fleur) Extract / Extrait	30 mg (3 : 1, QCE / QBE 90 mg)
Qian hu (<i>Peucedanum praeruptorum</i> , Root / Racine) Extract / Extrait	30 mg (3 : 1, QCE / QBE 90 mg)
Ju hong (<i>Citrus reticulata</i> , Fruit peel outer / Pelure du fruit) Extract / Extrait	30 mg (3 : 1, QCE / QBE 90 mg)
Zhi ban xia (<i>Pinellia ternata</i> , Rhizome) Extract / Extrait	30 mg (3 : 1, QCE / QBE 90 mg)
Non-medicinal ingredients / Ingrédients non médicinaux : Hypromellose.	
In a vegetable-based capsule. / En gélule à base végétale.	

FAQ

Q: How does Ese® support sleep and a healthy lifestyle?

A: Getting quality sleep is an essential aspect of a healthy lifestyle.

A good night's sleep not only supports your health but also improves your mood and allows your mind and body to recharge, leaving you feeling refreshed.

Valerian, a key ingredient in Ese®, is traditionally used in Herbal Medicine to help promote sleep and ease feelings of restlessness and nervousness. Ese® is a safe, natural way to promote a state of relaxation and help you get the sleep you need to feel your best.

The information provided for the Recommended Use is applicable to products sold in Canada only. Please note that daily dosage and labeling instructions differ between Canada and the United States. Also, please be aware that everyone's body is unique and may react differently to our products. The Recommendation for this product should be treated as the maximum daily recommended dosage for adults.



NOURISH + CLEANSE = BALANCE

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.