

HARMONIUM SLEEP SUPPORT



Harmonium Sleep Support contains a unique combination of herbs and spices that are scientifically-sourced to help anyone get a peaceful night's sleep regardless of age.



Today, insomnia is a significant issue that exposes individuals to a wide range of medical and mental diseases. The Harmonium Sleep Support supplement is a natural, effective, and long-lasting answer to your insomnia issues. It is now accessible as a nightly beverage to alleviate your suffering.



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Even after two hours of laying in bed with their eyes closed and a variety of things passing through their heads, it is difficult for people to fall asleep. Another concern is

being a light sleeper who cannot obtain a restful night's rest; the smallest disturbance may wake you up and prevent you from returning to sleep. People invest thousands of dollars in the sleep goods sector in an attempt to discover a remedy for their insomnia.

Two neurotransmitters, Gamma-aminobutyric acid (GABA) and glutamate, are responsible for your inability to sleep, according to research. While GABA serves as a neurotransmitter that inhibits certain brain impulses and decreases nervous system activity, glutamate functions as an excitatory neurotransmitter that activates the system. Therefore, if the amount of GABA in the body decreases while the level of Glutamate rises, it will be difficult to fall asleep.

Harmonium Sleep Support helps you receive the restorative, re-energizing sleep you need; it reduces the amount of time you spend in bed or at rest attempting to fall asleep.

What is the Sleep Support Supplement Harmonium?

By increasing GABA and decreasing Glutamate levels in the body's system, the Harmonium Sleep Support dietary supplement promotes quality and restful sleep at the needed period. It allows you to fall asleep within minutes

and continues to function in your body while you sleep, allowing you to experience undisturbed sleep.

This supplement is intended to help you fall asleep faster. Harmonium Sleep Support is recognized as a nightly supplement that alleviates tension, worry, and weariness, enabling you to obtain sufficient rest while sleeping and wake up feeling awake and energized. Even though some individuals sleep eight to ten hours every night, they wake up feeling exhausted and unable to begin the day.

With Harmonium Sleep Support, this is not the case; it does not matter whether you slept 8, 6, or 4 hours per night; the supplement enables you to have a comfortable night's sleep and wake up as energized as a kid on Christmas morning.

Harmonium Sleep Support is an effective cure for stress, worry, and anxieties; it promotes restful sleep in the brain. In addition, the maker claimed that troops took this same sleep medication to eliminate post-traumatic stress disorder and become calmer for better sleep during World War I.

An intriguing aspect of the lemon-flavored Harmonium Sleep Support Tea supplement is that it does not need you

to abstain from consuming wine at night or coffee eight hours before bedtime. In reality, drinking coffee a few minutes before bedtime will not interfere with your sleep when using the Harmonium Sleep Support.

Harmonium Sleep Support Ingredients

Harmonium Sleep Support is sweetened with Monk Fruit and Stevia and includes chemical-free, non-toxic, side-effect-free ingredients. It contains a potent and efficient mix of natural components that aids in the elimination of stress, anxiety, and other mental pressures. These chemicals help inhibit nighttime urination, allowing for unbroken excellent sleep. These elements consist of:

Melatonin 2.5 mg: Melatonin is a naturally occurring hormone that aids in sleep regulation. According to research, melatonin raises GABA levels in the brain. Melatonin is naturally produced by the body in response to the need for sleep; however, its function may be diminished by a high amount of stress hormones. Harmonium Sleep Support is formulated with 2.5 mg of Melatonin to promote restful sleep.

5-Hydroxytryptophan (HTP) 30mg: This is a chemical protein extract found in commercial amounts in the African plant Griffonia Simplicifolia. 5-HTP is

responsible for mood enhancement and is an effective treatment for anxiety, sadness, and stress. This substance increases hormones associated with sleep.

Magnesium is mostly found in legumes (200 mg). It aids the neurological system and brain by lowering stress and anxiety, hence promoting relaxation and sleep. Harmonium Sleep Support contains 200 mg of magnesium to improve sleep quality. About 75% of Americans are deficient in magnesium, and evidence indicates that magnesium shortage may cause anxiety and insomnia.

Lemon balm leaf 250 mg: The supplement Harmonium Sleep Support contains 250 mg of lemon balm leaf, which functions as an anti-stress and anti-anxiety agent. Lemon balm leaf is a medicinal plant that has several health advantages. Numerous individuals over the globe know its advantages. According to a 2004 research, it lowers the unpleasant emotions generated by psychological stress.

The ancient Egyptians used chamomile as a remedy for a variety of ailments. The supplement Harmonium Sleep Support contains chamomile. As a moderate sedative,

chamomile naturally calms the nerves and treats insomnia, anxiety, and sleeping disorders.

Astaxanthin 50 mg is a reddish antioxidant that aids in sleep improvement. Cortisol is known to decrease GABA levels in the body; thus, astaxanthin was added to Harmonium Sleep Support to significantly lower cortisol levels. Astaxanthin is included in Harmonium Sleep Support at a concentration of 50 mg per serving.

Bioperine: The sleep-inducing pill Harmonium Sleep Support contains 5mg of Bioperine.

Instructions for Using Harmonium Sleep Support

The recommended daily dosage of Harmonium Sleep Support is one scoop. The lemon-flavored tea beverage should be consumed continuously for one month. Individuals who take Harmonium Sleep Support 30 minutes before bedtime will experience comfortable sleep.

Advantages of Harmonium Sleep Aid

A natural method for achieving restful sleep

Rejuvenates the body and provides vitality

Reduces agitation, hallucinations, tiredness, and irritability.

Improves healthy hormones

Rapid and undisturbed rest

Regulates blood sugar

Rejuvenates the whole body

No medical side effect

Reduces mental strain and changes in mood

increased blood circulation

Harmonium Sleep Support Policy on Pricing and Refunds

The supply of Harmonium Sleep Support is sufficient for 30 days. On its official website, you may get Harmonium Sleep Support in a variety of bundles, depending on the amount of containers you choose to purchase. You may buy anywhere from one to six bottles.

\$49.95 for 1 bottle of Harmonium Sleep Support

Each of three bottles of Harmonium Sleep Support costs \$39.95.

Each of the six bottles of Harmonium Sleep Support costs \$33 a unit.

These bundles allow you to purchase additional bottles at a discount.

Additionally, there is a 90-day money-back guarantee that allows you to seek a refund within 90 days of purchase if you are unhappy with the results, an option you will likely not find elsewhere. info@harmonium.com is the email address consumers may use to contact the firm.

customercare@harmoniumhealth.com

Conclusion

Sleeping difficulties are a treatable ailment, depending on the individual. Harmonium Sleep Support is intended to provide you with restful, undisturbed sleep as required, without requiring you to spend excessive time in bed prior to dozing off. The product is non addicting and contains only natural components.

It is advised that you use the Harmonium Sleep Support supplement to help you have a normal life via healthy and restful sleep.

STARTER PACK

1 Bottle - 30 Day Supply
+ 2 FREE Bonuses



\$59

+ Small Shipping Fee

ADD TO CART



BEST VALUE

6 Bottles - 180 Day Supply
+ 2 FREE Bonuses



\$39/bottle

FREE US SHIPPING

ADD TO CART



MOST POPULAR

3 Bottles - 90 Day Supply
+ 2 FREE Bonuses



\$49/bottle

FREE US SHIPPING

ADD TO CART

