

BESTMADE NATURAL PRODUCTS BM190- avena sativa, coffea cruda, humulus lup, ignatia amara, passiflora, valeriana liquid
Bestmade Natural Products

Disclaimer: This homeopathic product has not been evaluated by the Food and Drug Administration for safety or efficacy. FDA is not aware of scientific evidence to support homeopathy as effective.

BM190

How to Use

Mix with half a cup of water 3-4 times per day. Ages 12 or older, 10 drops. Ages 12-2, 5 drops. Ages 2 and under, consult your Doctor.

Inactive:

Alcohol Base to Preserve Product

Active Ingredients: Avena sativa D1+10C 0.10mL each (HPUS), Coffea cruda D3+10C 0.10mL each (HPUS), Humulus lup D1+10C 0.10mL each (HPUS), Ignatia amara D4+10C 0.10mL each (HPUS), Passiflora D4+10C 0.10mL each (HPUS), Valeriana D1+10C 0.10mL each (HPUS)

Warnings and Storage:

Ask a professional before use if pregnant or breastfeeding or if you have severe symptoms.

Keep away from children. If you have a reaction to this product that is not positive, discontinue use. Store in a cool and dry place

***CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE, NOT ACCEPTED MEDICAL EVIDENCE NOT FDA EVALUATED.**

This product is not intended to diagnose, treat, cure, or prevent any disease.

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Uses

Temporarily relieves occasional sleeplessness, tiredness, stress, nervousness, and life dissatisfaction.*

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Entire package label

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NDC# 82969-2190-1
BATCH# 1234(Sample)



BESTMADE
NATURAL PRODUCTS

BM 190

**Sleeplessness
Relief***

Ingredients

Inactive: Alcohol Base to Preserve Remedy
Active Ingredients: Avena sativa D1+10C 0.10mL each (HPUS), Coffea cruda D3+10C 0.10mL each (HPUS), Humulus lup D1+10C 0.10mL each (HPUS), Ignatia amara D4+10C 0.10mL each (HPUS), Passiflora D4+10C 0.10mL each (HPUS), Valeriana D1+10C 0.10mL each (HPUS)

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BESTMADE NATURAL PRODUCTS BM190

avena sativa, coffea cruda, humulus lup, ignatia amara, passiflora, valeriana liquid

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:82969-2190
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
ARABICA COFFEE BEAN (UNII: 3SW678MX72) (ARABICA COFFEE BEAN - UNII:3SW678MX72)	ARABICA COFFEE BEAN	30 [hp_C] in 30 [hp_C]
STRYCHNOS IGNATII SEED (UNII: 1NM3M2487K) (STRYCHNOS IGNATII SEED - UNII:1NM3M2487K)	STRYCHNOS IGNATII SEED	30 [hp_C] in 30 [hp_C]
AVENA SATIVA FLOWERING TOP (UNII: MA9CQJ3F7F) (AVENA SATIVA FLOWERING TOP - UNII:MA9CQJ3F7F)	AVENA SATIVA FLOWERING TOP	30 [hp_C] in 30 [hp_C]
VALERIAN (UNII: JWF5YAW3QW) (VALERIAN - UNII:JWF5YAW3QW)	VALERIAN	30 [hp_C] in 30 [hp_C]
HOPS (UNII: 01G73H6H83) (HOPS - UNII:01G73H6H83)	HOPS	30 [hp_C] in 30 [hp_C]
PASSIFLORA INCARNATA FLOWERING TOP (UNII: CLF5YFS110) (PASSIFLORA INCARNATA FLOWERING TOP - UNII:CLF5YFS110)	PASSIFLORA INCARNATA FLOWERING TOP	30 [hp_C] in 30 [hp_C]

Inactive Ingredients

Ingredient Name		Strength		
ALCOHOL (UNII: 3K9958V90M)		30 [hp_C] in 30 [hp_C]		
Product Characteristics				
Color	white (CLEAR LIQUID)	Score	no score	
Shape		Size	30mm	
Flavor	MINT (TASTELESS LIQUID)	Imprint Code		
Contains				
Packaging				
#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:82969-2190-1	30 [hp_C] in 1 BOTTLE, GLASS; Type 6: Drug/Biologic Combination	01/01/2015	
Marketing Information				
Marketing Category	Application Number or Monograph Citation		Marketing Start Date	Marketing End Date
unapproved homeopathic			01/01/2015	

Labeler - Bestmade Natural Products (047124582)

Establishment

Name	Address	ID/FEI	Business Operations
Total Operations Management LLC DBA: Bestmade Natural Products Micro		047124582	manufacture(82969-2190)

Revised: 2/2025

Bestmade Natural Products