

THE
Sleep Optimization
TOOLKIT



THE **SLEEP** SWITCH

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Toolkit Sleep Optimization

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flower orientation the flowers point upward or spread or curve outward flower petal color pink to red white flower petal length 3 4 5 mm flower shape the flower has an urn shaped corolla constricted at the opening the flower is bell shaped

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general information bulb solitary or clustered appanate globose to cylindric ovoid tunic purple red brown red pale brown red or yellow to pale yellow papery to thinly leathery entire leaves shorter than scape 0.5-2 cm wide terete fistulose

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stem underground bulb leaf a cluster of radical leaves emerges from the underground bulb cylindrical and fleshy having sheathy leaf bases with parallel venation inflorescence scapigerous i.e. the inflorescence axis peduncle arising from the

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the floral formula of allium cepa onion of the liliaceae family is as follows here the symbols represent systematic position of liliaceae kingdom plantae subkingdom tracheobionta super division spermatophyta division magnoliophyta class liliopsida subclass liliidae order liliales family liliaceae features of liliaceae family

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the flowers of allium are described as bowl shaped flowers in morphological terms with hidden nectarines generally they are in under part of the ovary onion flowers are a good source of floral nectar and pollen the nectar produced from the nectarines was found to be collected in three cups between

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onion allium cepa l bulbs are commonly used as food or as a herb showing pharmacological activities connected to natural beneficial compounds such as thiosulfinates saponins polyphenols and flavonoids the free amino acids arginine

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