

# Nervetop CAPSULE

NPN 80016592

85 CAPSULES

298 mg/CAPSULE

## AGITATION Nerve Tonic



Composition				
Black Cohosh	root	<i>Actaea racemosa</i>	48 mg	Organic
Hops	strobilus	<i>Humulus lupulus</i>	48 mg	Organic
Passionflower	aerial part	<i>Passiflora incarnata</i>	48 mg	Organic
Skullcap	aerial part	<i>Scutellaria lateriflora</i>	48 mg	Organic
Valerian	root	<i>Valeriana officinalis</i>	48 mg	Organic
Wood Betony	aerial part	<i>Stachys officinalis</i>	48 mg	Organic
Cayenne	fruit	<i>Capsicum annum</i>	10 mg	Organic
Vegetable cellulose capsules				

### DOSAGE

**INTERVENTION:** 4-6 capsules, 2 times per day.

**TREATMENT:** 3-6 capsules, once a day.

### DIRECTIONS FOR USE

Take capsules with a little warm water or infusion when stomach is almost empty. If they are difficult to digest, take with meals.

### MODE OF ACTION

Nervetop compound was conceived to tone, nourish and calm the nervous system. It relieves nervousness, agitation, nervous tension, mental stress and anxiety. Nervetop is used as a support during acute stress (crisis, shock, substance withdrawal) and for chronic nervous conditions (chronic stress, agitation, anxiety, burn-out). The synergy of the herbs it contains has a balancing and reconstructive effect on the nervous system. The herbs are calming, nervine and nourishing and sustain the proper functioning of the nervous system.

Nervetop promotes a healthy response to stress and helps stay centered and grounded. It is beneficial when scattered and when attention and concentration are hindered by stress. It relieves muscle tension, menstrual cramps and digestive cramps caused by stress. Since its effects are cumulative, it is usually given over a long period.

**BLACK COHOSH:** is antispasmodic and relieves smooth muscle spasms. As a nervine, black cohosh is used to treat nervous conditions accompanied by tension, especially during the premenstrual phase and menopause.

**HOPS:** a bitter sedative, hops relieves anxiety, stress and nervous migraines. It also promotes digestion.

**PASSIONFLOWER:** nervine, it supports the nervous system. Passionflower reduces anxiety and mental stress and is especially effective as a long-term treatment for stubborn and chronic insomnia. It is also used to calm spasms of all kinds.

**SKULLCAP:** is calming during acute stress (insomnia, anxiety, anguish) and a tonic. Skullcap reconstructs the nervous system. It is mildly sedative and alleviates sleep disturbances without causing drowsiness. It is a heart tonic, reduces spasms and muscle tension.

**VALERIAN:** is a depressor of the central nervous system. In synergy with other herbs in this compound, it calms, reduces agitation, nervous irritability and anxiety. Valerian also has a relaxing effect on smooth muscle, it relieves spasms and muscle tension.

**WOOD BETONY:** is a deep nerve tonic. It is beneficial for both acute and chronic troubles. Wood betony relieves anxiety and tension of the nervous system. It helps regroup and find one's center.

**CAYENNE:** as a circulation tonic, it stimulates blood circulation. It is used to increase the action of the other herbs in this compound.

### HELPFUL ASSOCIATIONS

**GREEN OATSTRAW** for nervous troubles.

**RHODIOLA** for difficulty concentrating due to stress.

**HOLY BASIL** for digestive troubles and mental fog due to stress.

**SKULLCAP** for anxiety and cardiovascular troubles due to stress.

**CALIFORNIA POPPY** for pain and sleep disturbances.

### ETHNOBOTANY

**Nervous system:** stress, nervousness, anguish, anxiety, depression, physical and mental exhaustion, insomnia, substance withdrawal, Parkinson's disease, Alzheimer's disease, nervous tics, trembling.

**Musculoskeletal system:** spasms, tension, fibromyalgia.

**Other:** premenstrual syndrome with nervous tension, nervous symptoms of menopause.

### CONTRA-INDICATIONS

Consult a health care practitioner if insomnia persists beyond 3 weeks (chronic insomnia) or worsens, in case of liver troubles, inflammation or ulcer of the stomach. Can cause drowsiness. Do not take during pregnancy and breastfeeding. Stop taking if hypersensitivity reactions occur.

### INTERACTIONS

Do not use with other sedatives or alcoholic beverages.

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Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

