



# Herbal Nerve

*Nature's Harmony® Herbal Nerve may be used for periods of higher anxiety and nervousness. This herbal supplement provides a calming and sedative effect on the nervous system and provides support during times of increased emotional stress or anxiety.*

PRODUCT CODE: 400350

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
For relief of edginess, jitteriness and nervous headache due to overwork, tiredness or fatigue.	Tablet	Take 2 tablets per day or as directed by a health care practitioner.

## DESCRIPTION:

Nature's Harmony® Herbal Nerve contains valerian root extract, skullcap herb and hops fruit.

**Recommended Daily Allowance:** N/A

**Food Sources:** None.

**Causes of Deficiency:** Overwork, tiredness or fatigue.

**Symptoms of Deficiency:** Insomnia, anxiety.

**Complementary Nutrients:** Relora.

## HOW IT WORKS:

Herbal Nerve may provide relief for tension and emotional stress and stress-related concerns such as nervous jitters and spasms.

- Skullcap root has been used in traditional medicine as a sedative and digestive aid.
- Hops fruit helps relax the nervous system; it has been used traditionally for irritability, insomnia and nervous conditions.
- Valerian may help induce sleep by interacting with certain brain receptors called GABA and benzodiazepine receptors to increase sleep.



## DID YOU KNOW...

*Hops were used by the ancient Greeks and Romans as a remedy for poor digestion and intestinal disturbances, while the Chinese used the herb to treat leprosy and tuberculosis.*

# Herbal Nerve

## RESEARCH:

Each of the ingredients in Herbal Nerve has a long history in traditional medicine. Valerian is one of the best studied of the herbs. After 15 years of scientific studies on humans, valerian was approved as a sleep aid by Germany's Commission E in 1985. It has been shown to be very effective in alleviating problems with sleep. Although the exact mechanism is incomplete, some researchers suggest that valerian affects GABA, an amino acid related to the experience of anxiety.

## SIDE EFFECTS:

Herbal Nerve is a gentle relaxant. However, possible side effects may include drowsiness and, in rare cases, stomach upset or diarrhea.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

For occasional use only. Avoid use during pregnancy and breastfeeding. Not recommended for those with depression. Avoid alcoholic beverages during use. Do not exceed recommended dose except on the advice of a health care practitioner. Individuals with liver conditions should not use Herbal Nerve.

## OTHER CONSIDERATIONS:

Avoid activities that require alertness as valerian may cause drowsiness. Consult a health care practitioner if sleep disturbance persists for more than two weeks.

## LABEL:

**Natures Harmony**

**Calmant aux plantes**  
Remède traditionnel à base de plantes

**Pour aider à atténuer la nervosité.**

**100 comprimés**  
NPN 02245157

**Usage recommandé:** Pour aider à atténuer la nervosité, l'agitation et les maux de tête nerveux dus au surmenage et à la fatigue.  
**Dose recommandée (adultes):** Prendre 2 comprimés par jour au besoin. Peut être pris jusqu'à un maximum de six semaines.  
**Ingédients médicinaux:**  
Chaque comprimé contient:  
Parties aériennes de scutellaire ..... 100 mg  
(Scutellaria lateriflora) ..... 100 mg  
Fleur de houblon (Humulus lupulus) ..... 50 mg  
Extrait de racine de valériane (Valeriana officinalis) à 4:1 (équivalent à 200 mg de plante fraîche) ..... 50 mg  
**Ingédients non médicinaux:** croscarmellose sodique, phosphate dicalcique, cellulose, stéarate de magnésium, silice, acide stéarique et enrobage pharmaceutique.  
**Information sur les risques:** À éviter si vous êtes enceinte ou allaitante. Consultez un praticien de soins de santé si les symptômes persistent, si vous prenez d'autres sédatifs et si vous manifestez une somnolence intense et/ou des symptômes de retrait résultant d'un arrêt brusque suite à un usage chronique. Évitez de consommer des boissons alcoolisées si vous prenez ce produit. À éviter si vous conduisez un véhicule ou opérez de la machinerie puisque ce produit pourrait causer de la somnolence. Ce produit ne contient pas de maïs, ingrédients laitiers, œuf, gluten, crustacés, soya, sulfites, dérivés d'origine animale ou colorants, arômes ou agents de conservation artificiels.  
**RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTEE DES ENFANTS.**

**Recommended Use:** To aid in the relief of edginess, jitteriness and nervous headache due to overwork, tiredness or fatigue.  
**Recommended Dose (Adults):** Take 2 tablets daily when required. May be used for up to six weeks.  
**Medicinal Ingredients:**  
Each tablet contains:  
Skullcap (Scutellaria lateriflora) aerial parts ..... 100 mg  
Hops (Humulus lupulus) flower ..... 50 mg  
Valerian (Valeriana officinalis) 4:1 root extract (equivalent to 200 mg raw herb) ..... 50 mg  
**Non-medicinal ingredients:** Croscarmellose sodium, di-calcium phosphate, cellulose, magnesium stearate, silica, stearic acid and pharmaceutical glaze.  
**Risk Information:** Do not use if pregnant or breastfeeding. Consult a health care practitioner if symptoms persist, if taking other sedatives and if you experience severe drowsiness and/or withdrawal symptoms upon abrupt discontinuation following chronic use. Do not consume alcoholic beverages while taking this product. Do not use while driving a motor vehicle or operating machinery since this product may cause drowsiness. This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, animal derivatives, or artificial colours, flavours or preservatives.  
**STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**

**Natures Harmony**

**Herbal Nerve**  
Traditional Herbal Medicine

**To Aid in the Relief of Nervousness**

**100 Tablets**  
NPN 02245157

Actual Size  
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.  
NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.

[www.naturesharmony.com](http://www.naturesharmony.com)  
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