

# Nervagesic

Relaxation & Nervous System Support\*

Nervagesic contains California Poppy, Jamaican Dogwood and Corydalis, which are traditionally used in herbal preparations to/as:

- ✓ A mild **sedative** and/or sleep aid to help relieve occasional **sleeplessness**
- ✓ Relieve mild **nervous tension**
- ✓ Promote **relaxation of the muscles**
- ✓ Ease the effects of **cramping** associated with menstruation
- ✓ Relief of mild **muscular cramps and spasm**
- ✓ Ease mild temporary **nervous system discomfort\***

**MediHerb Nervagesic** contains herbal extracts of California Poppy, Jamaican Dogwood and Corydalis, thereby combining Western and Eastern traditional wisdom to help relieve minor nervous tension, promote relaxation of the muscles, ease the effects of cramping experienced with menstruation, and offer a sleep aid for occasional sleeplessness caused by normal everyday work and life stress.\*

## The Temporary Effects of Normal Work & Life Stress on the Body & Mind

For many of us, life can be so busy: juggling work and family commitments, maintaining a social life and finding time for ourselves. Not surprisingly, all this nervous and physical activity may occasionally cause us to feel a little tense or stressed. At the same time, we may experience mild muscle tension, nervous system discomfort, and occasional sleeplessness. Some women may also temporarily experience cramping at the start of, or during menstruation.<sup>1</sup> As all these factors are interconnected, it can be very helpful to break the cycle and support our muscular and nervous systems to ease some of the tension in our bodies and minds<sup>7</sup>.\*



RELAXATION & SLEEP AID\*

FOR NERVOUS SYSTEM DISCOMFORT\*

CALIFORNIA POPPY, JAMAICAN DOGWOOD & CORYDALIS

M1790 60 Tablets

### Suggested Use:

2 tablet 2 times daily, or as directed.

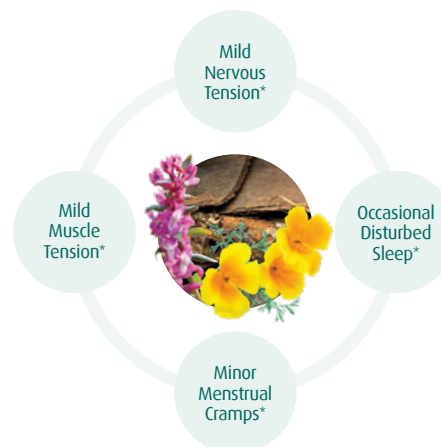
### Supplement Facts

Serving size:	2 tablets	
Servings per container:	30	
	Amount per Serving	%DV
Calories	6	
California Poppy herb flowering 4:1 extract from <i>Eschscholzia californica</i> herb flowering 1.6 g	400 mg	†
Jamaican Dogwood stem bark 4:1 extract from <i>Piscidia piscipula</i> stem bark 800 mg	200 mg	†
<i>Corydalis yanhusuo</i> tuber 10:1 extract from <i>Corydalis yanhusuo</i> tuber 1.6 g	160 mg	†
† Daily Value (DV) not established.		

**Other Ingredients:** Microcrystalline cellulose, gum arabic, dibasic calcium phosphate dihydrate, maltodextrin, sodium starch glycolate, croscarmellose sodium, hypromellose, magnesium stearate, and silicon dioxide.

**Caution:** Contraindicated in pregnancy and lactation.

Figure 1: Traditional Health Benefits of MediHerb Nervagesic



## How Nervagesic Supports Your Health:



### Nervous System & Sleep Support:

- California Poppy is known for its beautiful bright orange petals, but most of all for being the official state flower of California.<sup>2</sup> It is used traditionally as a gentle sedative, nervine and antispasmodic herb to help relieve mild nervous tension, as well as muscle tension caused by normal everyday work and life stress. It can also aid to a healthy restful sleep.\*<sup>3-7</sup>



### Relaxation of Muscles:

- The traditional Chinese herb Corydalis helps to ease mild temporary cramping associated with menstruation.\*<sup>8-10</sup>

## References

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## MediHerb Quality Choice

### Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing ingredients to bottling to ensure the high standard of our herbal extracts.

### Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.

Please consult the product packaging label for the most accurate product information.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.