

Quality is our Passion  
Passion Flower (*Passiflora incarnata*)

## Nervagesic

Nervagesic is a unique combination of California Poppy herb, Jamaican Dogwood bark and Corydalis tuber.\*

Information about the traditional use of California Poppy comes from Native Americans and early settlers living in the Northwestern coastal areas of the United States. Jamaican Dogwood grows in Florida, and most of the traditional use information is recorded in the Western herbal tradition. It was also used traditionally in the Caribbean. Corydalis is a well known herb from the Chinese tradition.\*

## How Nervagesic Keeps You Healthy

### Ease nervous discomfort and enhance the ability to relax during the night

California Poppy and Jamaican Dogwood have a relaxing effect which can help support the nervous system and provide relief from occasional sleeplessness.<sup>1-5\*</sup>

### Ease muscular discomfort such as caused by exercising

Corydalis has been used traditionally to ease occasional pain and aching discomfort of muscles.<sup>6,7\*</sup>

### Support healthy nervous tissue

California Poppy and Corydalis have been used traditionally to support healthy nervous tissue.<sup>1,2,8\*</sup>

### Provide antispasmodic activity for smooth muscle

Smooth muscle is different to skeletal muscle. Smooth muscle forms the muscular component of tubular (hollow) organs such as in the gastrointestinal tract, the uterus, the bladder and blood vessels.<sup>9</sup> Contraction (spasm) that is sustained in any kind of muscle is known as cramping.\*

California Poppy and Corydalis have been used traditionally to ease occasional spasms in smooth muscle, particularly for example, of the:

- uterus, thereby providing relief from discomfort associated with menstruation<sup>7</sup>
- bowel, thereby supporting healthy tone and reflex responses in the intestine<sup>2,8,10,11\*</sup>

## What Makes Nervagesic Unique

### Unique Manufacture & Analytical Testing

#### Quality and safety ensured

- Raw materials and finished product are subjected to tough quality standards

### Supplement Facts

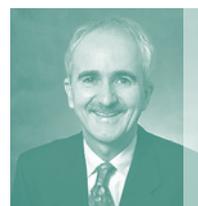
Serving size:	2 tablets	
Servings per container:	20	
Amount per Serving		%DV
Calories	6	
California Poppy herb flowering 4:1 extract from <i>Eschscholzia californica</i> herb flowering 1.6 g	400 mg	†
Jamaican Dogwood bark 4:1 extract from <i>Piscidia piscipula</i> bark 800 mg	200 mg	†
<i>Corydalis yanhusuo</i> tuber 10:1 extract from <i>Corydalis yanhusuo</i> tuber 1.6 g	160 mg	†

† Daily Value (DV) not established.

Other ingredients: Cellulose, gum arabic, maltodextrin, sodium starch glycolate, croscarmellose sodium, hypromellose, magnesium stearate, calcium acid phosphate and silicon dioxide.

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

**Product No** M1379  
**Content** 40 Tablets



**Professor Kerry Bone**  
MediHerb Co-Founder and  
Director of Research and Development

### A Phytotherapist's Passion

*"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."*

## References

- <sup>1</sup> Moerman DE. *Native American Ethnobotany*. Timber Press, Portland, 1998.
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- <sup>3</sup> Felter HW, Lloyd JU. *King's American Dispensatory*, 18th Edn, 3rd revision, 1905, reprinted Eclectic Medical Publications, Portland, 1983.
- <sup>4</sup> *Proceedings of the American Pharmaceutical Association at the Twenty-ninth Annual Meeting*. Held in Kansas City, Mo., August 1881. Sherman & Co, Philadelphia, 1882.
- <sup>5</sup> Garcia-Alvarado JS, Verde-Star MJ, Heredia NL. *J Herbs Spices Med Plants* 2001; **8**(2-3): 37-89
- <sup>6</sup> Chang HM, But PP. *Pharmacology and Applications of Chinese Materia Medica*. World Scientific, Singapore, 1987.
- <sup>7</sup> Pharmacopoeia Commission of the People's Republic of China. *Pharmacopoeia of the People's Republic of China*, English Edn. Chemical Industry Press, Beijing, 1997.
- <sup>8</sup> Huang KC. *The Pharmacology of Chinese Herbs*. CRC Press, Boca Raton, 1993.
- <sup>9</sup> Wheeler PR, Burkitt HG, Daniels VG. *Functional Histology: A Text and Colour Atlas*. Churchill Livingstone, Edinburgh, 1979.
- <sup>10</sup> Bartram T. *Encyclopedia of Herbal Medicine*, 1st Edn. Grace Publishers, Dorset, 1995.
- <sup>11</sup> Bensky D, Gamble A. *Chinese Herbal Medicine Materia Medica*. Eastland Press, Seattle, 1986.



## Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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