



Name 90-day Nerve Programme

Caps

Code Name

NRV-C3 90-day Nerve Programme with Capsules
 Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code NRV-C1 which attracts no discount.

Area concerned

Nervous system, anti-stress functions

Ingredients

Each 30-day pack includes:

100 *Nve Capsules*, 100 *Adreno Capsules*, a tub of *Nve Tea*, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

Description Applies to both programmes

The *Nerve Programme* has been designed to give thorough support to the whole of the nervous system as well as the adrenal glands, which are closely involved in the body's stress responses. Together, the *Nerve Programme* is a great support for the nerves.

We recommend you use this programme annually if you feel you have the type of constitution where your nerves benefit from regular support.

The accompanying pamphlet advises you on getting the most from this holistic programme through use of herbs, diet, exercise, and other relevant lifestyle suggestions.

Making appropriate changes to your lifestyle plus taking the high quality herbs we include can help ensure your nervous system is strong enough to help you deal perfectly with the stresses and strains of day-to-day living.

Standard use

1 capsule of each of the encapsulated products, or 12-15 drops of each of the products in drops in water or juice, 3 times a day; plus one small pot of *Nve Tea* a day. The pot of tea can be made at any time convenient for you.

How long to take it for

We recommend taking this programme for 3 months (90 days). If you wish, it can be repeated annually to help keep the nervous system functioning well.

Cautions

Do not take if pregnant or nursing, or if you have high blood pressure. Do not take with diuretic drugs.

Caps

Drops

Code Name

NRV-D3 90-day Nerve Programme with Drops
 Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code NRV-D1 which attracts no discount.

Area concerned

Nervous system, anti-stress functions

Ingredients

Each 30-day pack includes:

50ml *Nve-Restor Drops*, 50ml *Adreno Drops*, a tub of *Nve Tea*, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

Why use the Nerve Programme?

Many people are attracted to the *Nerve Programme* because the nervous system is involved in so many body functions.

1. If the nervous system is strong, we can deal best with situations of stress.
2. The immune system: an ability to deal well with stress helps the immune system to remain strong and help keep us well.
3. Calm in mind - a strong nervous system means we more easily feel in charge and relaxed. The stronger the nervous system, the easier it is for us to feel this way.

Many, many people have found that using the *90-day Nerve Programme* gives them the extra support to help them deal with their busy and demanding day.

HELP THE NERVES -
 (USE THE 90-DAY NERVE PROGRAMME!)

Companion Products

Adreno Capsules or Drops; Bedtime Capsules or Tea; Mega-Ton Drops; Nve Capsules or Tea; Nve-Restor Drops; Siberian Ginseng Capsules or Drops; Super Spirulina Tablets; Valerian & Passiflora Drops; Valerian Compound Capsules.

Drops