



## Name Nve & Nve-Restor

### Caps & Tea

Code	Size	Duration
C29-54	54 Nve Capsules	Usually lasts 18 days
C29-100	100 Nve Capsules	Usually lasts 33 days
C29-200	200 Nve Capsules	Usually lasts 65 days
T08	50g Nve Tea	Lasts 14-28 days

### Area concerned

Nervous system, relaxation, sleep.

### Ingredients

(min per capsule) Scullcap 72mg, Vervain 72mg, Lemon Balm 36mg, Mistletoe 36mg, Wood Betony 36mg, Hops 36mg, Cayenne 36mg.

**Nve Tea** Damiana, Red Clover, Motherwort, Scullcap.

### Description

This is Dr John Christopher's excellent formula to help support the nerves. It includes scullcap, vervain and hops. Can also be taken at bedtime to help maintain a good night's sleep. Can be taken for a course of 3-6 months to support the nervous system fully. Or consider the 90-day Nerve Programme for a more holistic approach.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

**Nve Tea** Make a pot of tea once a day using one teaspoon to 1-2 mugs of boiling water according to taste. Drink, hot, warm, or cold until the pot is finished. Honey can be added if desired. Up to twice this amount can be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

### Cautions

Do not take if pregnant or nursing.

### Companion Products

90-day Nerve Programme; Adreno Capsules or Drops; Bedtime Capsules or Tea; Mega-Ton Drops; Nve-Restor Drops; Super Spirulina Tablets; Valerian & Passiflora Drops.

### Caps & Tea

### Drops

Code	Size	Duration
D16-50	50ml Nve-Restor Drops	Usually lasts 28 days
D16-100	100ml Nve-Restor Drops	Usually lasts 56 days

### Area concerned

Nervous system, general energy level, sleep.

### Ingredients

Herbal fluid extracts: 15% Vervain, 15% Melissa, 15% Lime Flowers, 15% Oats, 10% Passiflora, 10% Siberian Ginseng, 10% Wood Betony, 10% Gota Kola

### Description

A formula which nourishes and helps to keep the nervous system in balance. Also a mildly soothing formula. Vervain is a powerful supportive nervous system herb, and also supports the liver; melissa is helpful for the emotions; lime flowers support the heart area; siberian ginseng supports the body's adrenal response, which is important for the nerves. Wood betony and oats both support the central nervous system.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

### Cautions

Do not take if pregnant or nursing, in high blood pressure or with heart disease. Do not take alongside Warfarin or other blood thinning drugs.

### Companion Products

90-day Nerve Programme; Adreno Capsules or Drops; Bedtime Capsules or Tea; Mega-Ton Drops; Nve Capsules or Tea; Super Spirulina Tablets; Valerian & Passiflora Drops.

### Drops