



Name Oat Seed (*Avena sativa*)

Drops

Code	Size	Duration
D52-50	50ml	Usually lasts 28 days
D52-100	100ml	Usually lasts 55 days

Area concerned

Nervous system

Ingredients

Oat seed fluid extract only

Description

Oat seed is one of the best known herbs among herbalists to nourish the 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 for a course of 3-4 months, or as and when desired.

Cautions

None

Companion Products

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

Drops