



## Name Valerian Compound

### Caps

Code	Size	Duration
C76-54	54 Capsules	Usually lasts 18 days
C76-100	100 Capsules	Usually lasts 33 days

### Area concerned

Nervous system, sleep, relaxation

### Ingredients

(min per capsule) Valerian 81mg, Mistletoe leaf 81mg, Scullcap 81mg, Rosemary 81mg.

### Description

This is a soothing combination. Contains soothing and supporting scullcap and rosemary. This combination can be used in addition to *Nve Capsules* or *Nve-Restor Drops* when a very supporting effect is needed. These capsules can be very beneficial at bedtime.

### 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. Can also be used just before bedtime, when 2-3 capsules can be taken either with water, or a cup of *Bedtime Tea*.

### 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. Can also be taken just as and when desired.

### Cautions

Take with caution alongside central nervous system depressants such as phenobarbitol. Do not use if pregnant or nursing.

### Companion Products

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

### Caps

## Name Valerian & Passiflora

### Drops

Code	Size	Duration
D20-50	50ml	Usually lasts 28 days
D20-100	100ml	Usually lasts 55 days

### Area concerned

Nervous system, sleep, relaxation

### Ingredients

Herbal fluid extracts: 50% Valerian and 50% Passiflora

### Description

You can use this formula during the day to help the nerves and assist relaxation, or just at night when many people find its soothing properties beneficial just before bed.

### 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. Can also be taken once a day just before bed.

### How long to take it

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken as and when you want to during the day rather than regularly.

### Cautions

Take with caution alongside central nervous system depressants such as phenobarbitol. Do not use if pregnant or nursing.

### Companion Products

90-day Nerve Programme; Bedtime Capsules or Tea; Mega-Ton Drops; Nve Capsules or Tea; Nve-Restor Drops; Valerian Compound Capsules.

### Drops