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# Nevaton<sup>®</sup> Forte

Core Nervous System Support\*

**Nevaton® Forte** contains St John's Wort, Saffron, Skullcap and Schisandra which are traditionally used to:

- ✓ Calm the nerves and restore balance in temporary mood swings
- ✓ Support healthy nervous system response
- Encourage balance between the body and mind
- ✓ Ease the effects of occasional mild stress
- ✓ Help promote healthy mood balance
- ✓ Provide relief from occasional sleeplessness\*

**Nevaton® Forte** contains a blend of herbs with St John's Wort and Saffron being the key ingredients in this formulation which have been individually shown to promote healthy mood balance and to restore balance in case of temporary mild mood swings,<sup>1-3</sup> reflecting their long-standing traditional uses as valuable nervous system aids.\*

Four daily servings of **Nevaton® Forte** provide 1.5 mg hypericin and 30 mg flavonoid glycosides the important plant constituents of St John's Wort.



#### Suggested Use:

1 tablet 3-4 times daily, or as directed.

Supplement Facts		
Serving size:	1 Tablet	
Servings per container:	60	
	Amount per Serving	%DV
Skullcap herb 4:1 extract from <i>Scutellaria lateriflora</i> herb 500 mg	125 mg	t
St John's Wort herb flowering top 6:1 extract from <i>Hypericum perforatum</i> herb flowering top 750 mg Containing hypericins 375 mcg Containing flavonoid glycosides 7.5 mg	125 mg	t
Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 675 mg	112.5 mg	t
Saffron stigma 3:1 extract from <i>Crocus sativus</i> stigma 22.5 mg	7.5 mg	t
<sup>†</sup> Daily Value (DV) not established.		

**Other Ingredients:** Microcrystalline cellulose, sodium starch glycolate, croscarmellose sodium, magnesium stearate, hypromellose, maltodextrin, silicon dioxide, dibasic calcium phosphate dihydrate and dextrin.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product. Not recommended in cases of known photosensitivity. For other contraindications and cautions consult your health care professional.

## Traditional Use

St John's Wort has been used as a traditional remedy since ancient Greek times<sup>4</sup> and is primarily considered for its beneficial effects on the nervous system,<sup>5</sup> specifically in relation to healthy mood balance.<sup>6-8</sup> Likewise, Skullcap is a revered traditional remedy that is used to support a healthy nervous system, e.g. to relieve mild nervous tension, help calm the nerves, and aid a normal restful sleep.<sup>7,9-12</sup> Schisandra is known as a traditional herb that supports the body's natural resistance to mild stress, an action that is now referred to as 'adaptogenic.'<sup>13-16\*</sup>

### How Nevaton<sup>®</sup> Forte Supports Your Health:



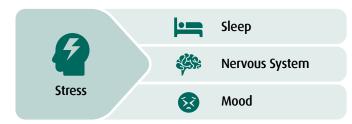
#### Stress Support:

While we are all exposed to various levels of stress in day-to-day life, the body's response to stress can be both helpful and harmful. Short-term mild stress normally triggers the so-called fight-or-flight response via the sympathetic nervous system, which enables us to ward off or flee from an impending threat. However, when stress persists, it can have wide-ranging effects on the body, such as on the nervous system and on normal healthy mood and sleep.\*

#### Nervous System Support for Sleep and Mood:

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Based on the various uses described, the herbs contained in Nevaton Forte provide direct support for normal nervous system function, healthy mood balance and normal healthy sleep. They also provide indirect support by easing the effects of occasional and mild stress.\*



#### References

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- <sup>4</sup> Braun L. Cohen M. *Herbs & Natural Supplements An evidence-based guide.* 4th ed. Volume 2. Sydney: Churchill Livingstone; 2015.
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- <sup>6</sup> Mills S. The A-Z of Modern Herbalism. A Complete Guide to Practical Herbal Therapy. London: Thorsons/Harper Collins Publishers; 1989.
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- <sup>16</sup> Bone K. A Clinical Guide to Blending Herbs. St. Louis: Churchill Livingstone; 2003.

## MediHerb Quality Choice

#### Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing to bottle to ensure the high standard of our herbal extracts.

#### Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.



Please consult the product packaging label for the most accurate product information.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.