

Mental Wellbeing and Mood Support



Improve overall mental wellbeing with mood supporting herbs and B vitamins. Neuraplex contains herbs to promote a balanced and healthy mood including calming the nervous system, improving sleep, and relieving nervousness and restlessness. B Complex contains the eight essential B vitamins to improve stress resilience and provides support for a healthy mood.

Remedy	Phase/Dose	Monday to Sunday
Neuraplex	2 capsules	three times a day
B-Complex	1 capsule	once a day



Neuraplex

Recommended dosage (adult): 2 capsules three times daily. Consult a health care practitioner for use beyond 8 weeks.

Neuraplex is a traditional European herbal formula used to improve mood and mental wellbeing. The herbs have a calming and regulating effect on the mind and the ANS (autonomic nervous system), leading to healthier mental and physical balance.

The herbs found in Neuraplex are clinically proven to promote a balanced and healthy mood during times of nervous agitation, low mood, and insomnia. The herbs are also among the most extensively researched and documented in terms of their effectiveness for increasing stress tolerance in mild depression, anxiety, sleep issues, nervousness, and restlessness.^{1,2,3,4,5,6,7}

The herbs in Neuraplex are traditionally used in herbal medicine for:

- promote healthy mood balance^{1,2}
- relieve restlessness and nervousness^{3,4}
- calms, relaxes, and nourishes the nervous system^{3,5}
- sleep aid to promote relaxation in times of mental stress & low moods^{3,4,6}
- enhance mood when experiencing mild depression and anxiety^{1,2,3,5,7}

Key Features: Enhance mood and mental wellbeing, improve sleep, relief from nervousness and restlessness, calm the nervous system.



B-Complex

Recommended dosage (adult): 1 capsule once daily. Safe for long term use.

B-Complex provides an optimal blend of the eight essential B vitamins and supporting lipotropic factors. Research shows that supplementing with a complex of essential B vitamin improves stress, brain health, and overall mood.^{8,9,10}

Eight essential B vitamins: 50 mg each of B1, B2, B3, B5, B6, biotin as B7, folate as B9, B12

Lipotropic factors: choline, inositol, PABA, biotin

Key Features: Improved stress resilience, healthy mood support.




Medicinal Ingredients: Each vegetarian capsule contains:

Vitamin B1/Thiamine (Thiamin hydrochloride)	50 mg
Vitamin B2/Riboflavin (Riboflavin)	50 mg
Vitamin B3/Niacin (Niacinamide)	50 mg
Vitamin B5/Pantothenic acid (d-pantothenic acid)	50 mg
Vitamin B6 (Pyridoxine hydrochloride)	50 mg
Choline	50 mg
Inositol	50 mg
PABA/Para-aminobenzoic acid	50 mg
Folate (Folic acid)	0.4 mg
Biotin	50 mcg
Vitamin B12 (Cyanocobalamin)	50 mcg

Non-medicinal Ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, magnesium stearate, silicon dioxide.

Caution/Warnings: Consult a health care practitioner prior to use if you have impaired liver function or if you are taking Levodopa. Discontinue use if you experience a prolonged flushing, burning, tingling or itching sensation on the face, arms or chest.

NPN 02248604 • 60 capsules


Medicinal ingredients: Each vegetarian capsule contains:

St. John's wort (<i>Hypericum perforatum</i>) 4:1 QCE: 240 mg; 0.3% Hypericins, 3% Hyperforin; aerial parts with flowers)	60 mg
California poppy (<i>Eschscholzia californica</i> ; aerial part)	40 mg
Hollowroot (<i>Corydalis cava</i> , root)	40 mg
Passion flower (<i>Passiflora incarnata</i> ; 5:1 QCE 160 mg; flower)	32 mg
Valerian (<i>Valeriana officinalis</i> , 4:1 QCE 112 mg; root)	28 mg

Non-medicinal ingredients: Microcrystalline cellulose, magnesium stearate, hydroxypropyl methylcellulose (capsule shell).

Caution/Warnings: Consult a healthcare practitioner if you take sedatives, MAO, non-nucleoside reverse transcriptase inhibitors, digoxin, theophylline, migraine therapies, anti-epilepsy drugs, anti-anxiety, seizure medications, antihistamines, bronchodilators, muscle relaxant and/or opiates. Consult a healthcare practitioner if you experience sleep disturbances, severe drowsiness and/or withdrawal symptoms upon abrupt discontinuation following chronic use.

NPN 80029325 • 100 capsules


References

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