

Nervous System Support

Ashwagandha Complex

Ashwagandha Complex contains the following herbs: **Ashwagandha, Licorice, Skullcap and Korean Ginseng**. Together, these herbs and the substances within them are used traditionally to: work as a tonic to maintain or improve general well-being, help the body adapt to the changes of everyday life, maintain feelings of general well-being when experiencing temporary stress, support a healthy immune system, promote vitality and stamina in people of any age, support and maintain the body as it ages, help maintain healthy mood balance.*

M1630 40 tablets

M1635 120 tablets



Bacopa Complex

Bacopa Complex combines the herbs **Bacopa, Schisandra, Eleuthero and the essential oil of Rosemary**. The herbs contained in this formulation have been traditionally used to: enhance mental clarity and support healthy cognitive function, support normal memory function, support physical endurance during times of mild fatigue/weakness, ease the effects of temporary and occasional stress, support healthy memory and concentration as a brain tonic.*



M1810 60 tablets

Nevaton® Forte

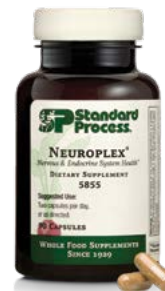
The blend of **Saffron, St John's Wort, Schisandra and Skullcap** in Nevaton® Forte offers major nervous system support. Nevaton® Forte contains herbs used traditionally to: calm the nerves and restore balance in temporary mood swings, support healthy nervous system response, encourage balance between the body and mind, ease the effects of occasional mild stress, help promote healthy mood balance, provide relief from occasional sleeplessness*



M1710 60 tablets

Neuroplex®

Neuroplex combines synergistic ingredients to **support the nervous and endocrine systems**.* Neuroplex supports the nervous system; supports cognitive functioning; contains a broad spectrum of vitamins, minerals, and complementary tissues to support endocrine organ function; excellent source of thiamin, riboflavin, niacin, vitamin B6, iron, zinc, and copper.*



5855 90 capsules

Cataplex® G

Cataplex G maintains nerve health and provides a **calmative effective on the nervous system**. It also supports healthy liver and brain function and supports the body's metabolism.*



4500 90 tablets

4550 360 tablets

Olprima™ EPA|DHA

Olprima EPA|DHA provides condition-specific support through a 55:45 ratio of the omega-3s, EPA and DHA. This product supports cardiovascular, and brain health while supporting the body's healthy inflammatory response and provides general mood support.*



6060 60 softgels



*As part of a diet low in saturated fat and cholesterol.

Sleep Support

Kava Forte

This tablet contains **Kava root** extracted with 100% water, which provides an extract with a full spectrum of compounds including kavalactones. Kava Forte is **standardized to contain 50 mg of kavalactones per tablet** to ensure optimal strength and quality. The compounds in Kava Forte, particularly the kavalactones, work together to traditionally help: calm the nerves, ease the effects of temporary nervous tension and stress, promote relaxation and sleep, support muscle relaxation.*

M1345 40 tablets



Valerian Complex

Valerian Complex contains **Valerian, Passion Flower and Ziziphus jujuba var. spinosa**. Together, these herbs and their constituents have been used traditionally to: relieve mild nervous tension, obtain relief from occasional sleeplessness, promote relaxation, ease the effects of temporary or occasional stress.*



M1880 60 tablets

Min-Tran®

Min-Tran is a vegan product that contains mineral complexes to support emotional balance. This product supports a healthy nervous system, is a mild calmative that helps maintain emotional balance, helps ease the effects of temporary stress, and supports the actions of neurotransmitters that regulate mood.*



5615 330 tablets

5625 800 tablets

E-Z Mg™

E-Z Mg™ is a **plant-based, organic magnesium (Mg)** supplement developed to support patients with inadequate dietary magnesium intake. Magnesium is essential for central nervous system health; E-Z Mg helps bridge the gap in dietary magnesium intake.* Also, magnesium is involved in sleep pathways that support brain homeostatic sleep processes.*



3940 180 tablets

Ashwagandha Forte

Ashwagandha Forte is an herbal supplement that contains Ashwagandha root used traditionally as a rejuvenating tonic for stress, immune system and cognition support. Ashwagandha is traditionally used in Ayurvedic herbal preparations to relieve mild, occasional sleeplessness.*



M1740 60 tablets



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

MEDI  HERB®

 **Standard
Process**®

Exclusive United States Distributor of MediHerb®

Essentials for Managing Stress & Nervous System Health



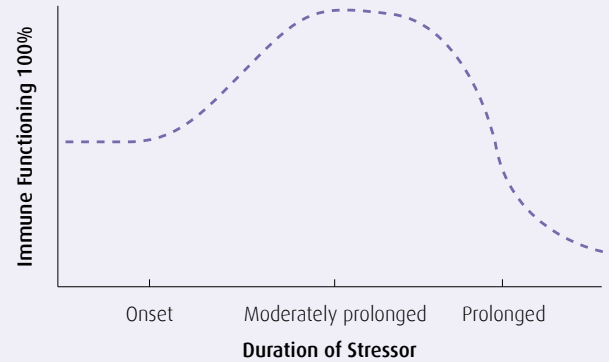
Stress Levels are on the Rise

Most Americans are suffering from moderate to high stress, with 67 percent reporting they have experienced increased stress over the course of this past year.¹


Concerns about money, work and the economy top the list of most frequently cited sources of stress. When considering the physical and emotional toll of increased stress, nearly 49% report their behavior has been negatively affected.¹


When we're stressed, the immune system's ability to fight is reduced and we are more vulnerable to environmental stressors. In addition, the stress hormone cortisol can suppress the effectiveness of the immune system over time.²


Immune System Function under Stress




According to The American Institute of Stress:¹

 **48%**
48 percent of people have **trouble sleeping** because of stress

 **77%**
77 percent of people experience **stress that affects their physical health**

 **33%**
About 33 percent of people report feeling **extreme stress**

 **73%**
73 percent of people have **stress that impacts their mood**



Every person's stress needs are different.

Not only are the causes of our stress different for each of us, the symptoms that may arise from long-term stress are unique to each person.

Depending how stress affects health will determine the most appropriate treatments to support a healthy stress response.

MediHerb and Standard Process offer a wide range of herbal and nutritional support options for healthcare practitioners to support patient's with stress.*

This guide will assist you in determining which products may work best for your patients depending on their specific needs.



Stress Support Essentials, Nervous System & Sleep Support*

MediHerb	Stress Support Essentials	Nervous System Support	Sleep Support
	Ashwagandha Forte 1 tablet 1-2 times daily, or as directed	Ashwagandha Complex 1 tablet 3 times daily, or as directed	Ashwagandha Forte 1 tablet 1-2 times daily, or as directed
		Bacopa Complex 1 tablet 3-4 times daily, or as directed	Valerian Complex 1 tablet 2 – 4 times daily, or as directed
		Nevaton® Forte 1 tablet 3-4 times daily, or as directed	Kava Forte 1 tablet 2 – 3 times daily, or as directed
Standard Process	Drenamin® 3 tablets per meal, or as directed.	Cataplex® G 1 tablet per meal, or as directed.	E-Z Mg™ 6 tablets per day, or as directed
		Neuroplex® 2 capsules per day, or as directed	
		Olprima™ EPA DHA 2 softgels per day, or as directed	Min-Tran® 4 tablets per meal, or as directed.

References

- 1 American Psychological Association, *Stress in America 2020, A National Mental Health Crisis*.2020.
- 2 Merson J. *Stress: the Causes, the Cost and the Cures*, ABC Books, 2001.

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

Stress Support Essentials



Ashwagandha Forte

Ashwagandha Forte is an herbal supplement that contains **Ashwagandha (Withania) root** used traditionally as a rejuvenating tonic for stress, immune system and cognition support. Each tablet is **standardized to contain 10 mg of withanolides** (the key active component in this herb) to ensure optimal strength and quality.*

Ashwagandha is traditionally used in Ayurvedic herbal preparations: as a rejuvenative tonic to support the body's natural immune system, to support general well-being after challenge, to support healthy cognition, learning and memory, as a nervous system relaxant that calms the mind and soothes the nerves, to relieve mild, occasional sleeplessness, to support the body as it ages, to encourage a healthy response to environmental stresses.*



M1740 60 tablets

Drenamin®

Drenamin contains vitamins that are involved in healthy adrenal gland functions and the production of neurotransmitters associated with emotional balance, supports a healthy immune response i.e., to everyday environmental stressors, and supports energy production and metabolism.*



3650 90 tablets

3700 360 tablets