



Nervoheel®

Regain inner balance



Physical benefits:

- Works quickly
- Reliable efficacy
- Well tolerated, non-addictive
- Plant-based ingredients
- Does not induce fatigue, suitable for use during the day and at night
- Available without prescription



Emotional benefits:

- Positive attitude to life
- Mental balance, serenity
- Calmness, relaxation
- Inner balance

**FOR NERVOUS RESTLESSNESS AND SLEEP DISTURBANCES,
YOU CAN RELY ON NATURE'S STRENGTH.**

Indications:

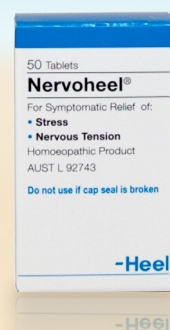
Helps relieve nervous tension, stress and mild anxiety. For the symptomatic relief of stress disorders. Beneficial during times of stress.

Ingredients:

Each tablet contains 600mcg of each of: Avena sativa 2X, Coffea 12X, Passiflora 2X, Zincum valerianicum 4X. Contains lactose, magnesium stearate.

Directions for use:

Adults and children 12 years and over: Dissolve 1 tablet in the mouth 3 times daily. In acute conditions, 1 tablet every 1/2 to 1 hour, not more than 12 tablets daily.



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This folder contains helpful health information based on scientific data. This information does not constitute medical advice or treatment and does not replace medical examination.

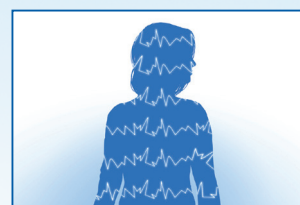
Tapping the power of nature to control nervous restlessness and sleep disturbances:

Stop the stress carousel with Nervoheel.

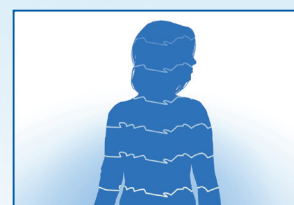
If your patients have a hectic and nervous lifestyle, sleep at night becomes difficult. Sleep problems at night will lead to increased restlessness the following day. Action is needed to stop this "stress carousel" from endlessly turning. With its calming and relaxing effects, Nervoheel can help bring this stress carousel to a halt.



Restore inner balance despite stress and a hectic lifestyle.



Many factors can trigger the nervous system and increase the stress response.



Nervoheel can reduce these triggers and minimise stress response.



The nervous-system's inner balance is restored.

With nature's own strength:

Avena sativa/oats

- Antihistamine action
- Immunomodulating action
- Anti-inflammatory effect
- Vasodilatation

Zincum valerianicum

- Generally indicated for CNS hyperreactivity



Coffee/caffeine

- Psycho vegetative influence
- Bronchospasmolysis

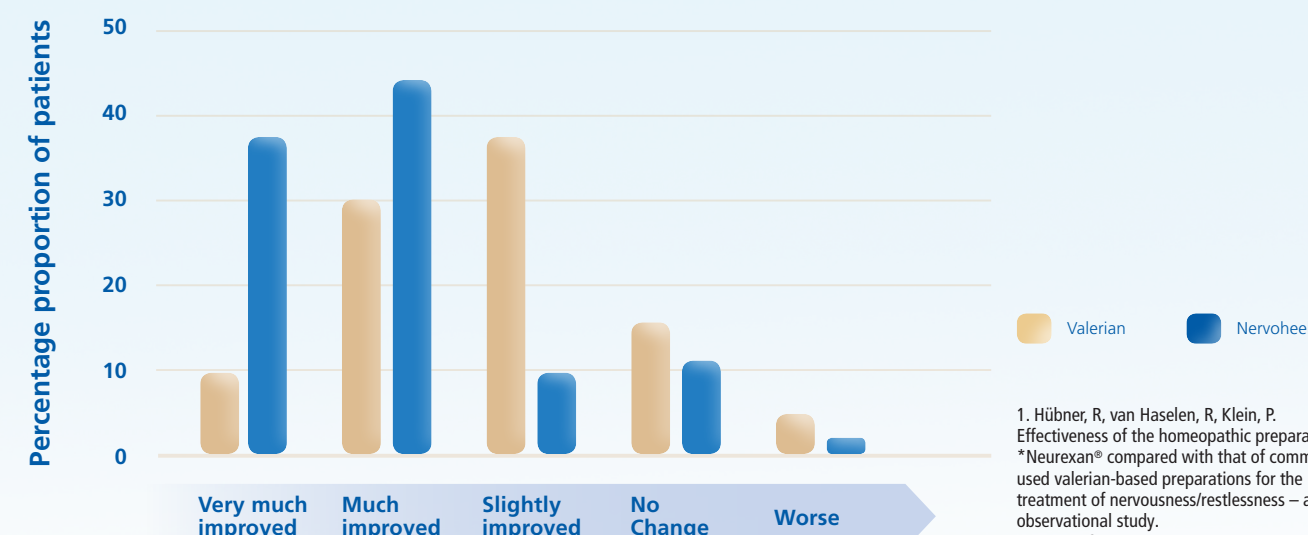
Passiflora/passion flower

- Increases blood flow
- Sedative
- Competitive inhibition of the benzodiazepine receptor

The efficacy of Nervoheel has been demonstrated in clinical and preclinical studies:

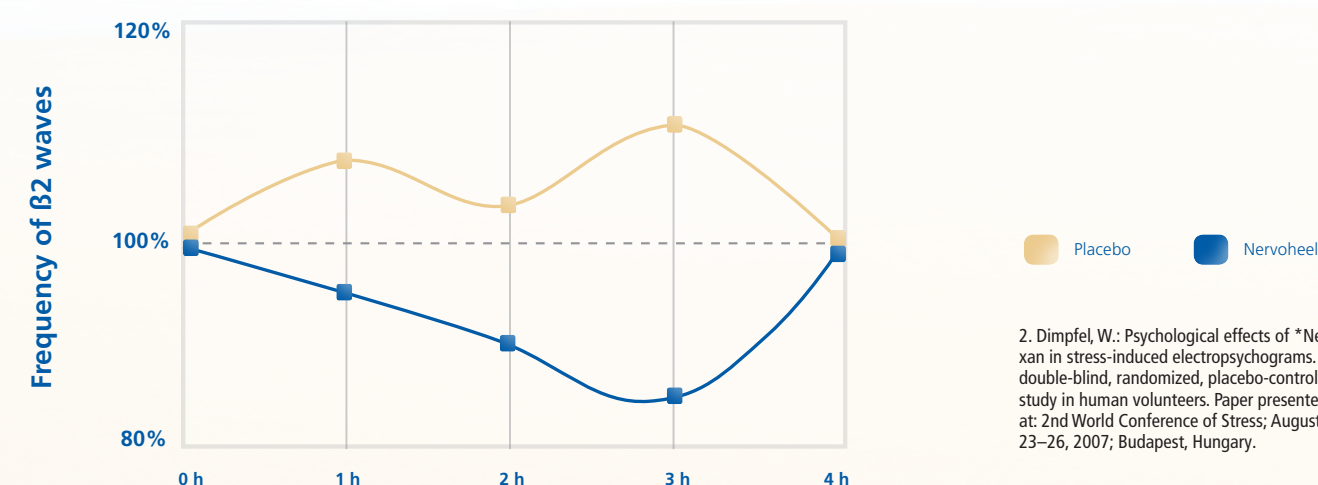
Significantly better and faster effects than Valerian-based preparations¹

Perception of stress manifesting as daytime restlessness and nervousness



1. Hübner, R, van Haselen, R, Klein, P. Effectiveness of the homeopathic preparation *Neurexan® compared with that of commonly used valerian-based preparations for the treatment of nervousness/restlessness – an observational study. TheScientificWorldJOURNAL 2009;9:733-745.

Nervoheel with pronounced reduction of stress-inducing $\beta 2$ waves²



2. Dimpfel, W.: Psychological effects of *Neurexan in stress-induced electropsychograms. A double-blind, randomized, placebo-controlled study in human volunteers. Paper presented at: 2nd World Conference of Stress; August 23–26, 2007; Budapest, Hungary.