



Quality is our Passion

Passion Flower (*Passiflora incarnata*)

MEDIHERB®

Nevaton® Forte

M1381

## Nevaton® Forte: Nervous System Restorative & Relaxing Tonic

Nevaton® Forte is a unique combination of Saffron stigma, Skullcap herb, Schisandra berries and St John's Wort herb and flowers.

Saffron is the dried stigma of the blue-purple saffron flower (*Crocus sativus*). It is the world's most expensive spice (by weight) and has a long history of culinary, health, fragrance, ceremonial and dyeing applications.<sup>1,2</sup> Skullcap has been traditionally used by Native Americans.<sup>3</sup> The name "skullcap" comes from the helmet-shaped upper lid of the seed pods.<sup>4</sup> Schisandra berries have been used in China as a health tonic,<sup>5</sup> and St John's Wort is well known to natural clinicians of the Western tradition.<sup>6\*</sup>

## How Nevaton® Forte Keeps You Healthy

### Supports healthy nervous system response, calms the nerves and restores balance in temporary mood swings

Nerve tonics (also called nervines) are herbs used by natural clinicians that nurture the nervous system. They help restore normal function to the nervous system when slightly out of balance.\*

In cases of nervousness and stress, nerve tonics may help the body to relax. For temporary mood swings nerve tonics may help restore balance and support a healthy response.\*

St John's Wort and Skullcap have been used traditionally as nerve tonics, to calm the nerves and restore balance during temporary mood swings. St John's Wort in particular, is regarded traditionally as having a combination of restorative and relaxant effects and is useful where there is both tension and tiredness.<sup>7,8,9,10\*</sup>

Clinical trials also suggest that St John's Wort may be effective for restoring balance in temporary mood swings.<sup>11,12</sup> It may help in this situation by having a normal regulatory action on the hypothalamus-pituitary-adrenal axis.<sup>13</sup> Tests using EEG (electroencephalography, which measures the electric currents of the brain) in volunteers found that St John's Wort extract had a relaxing but not a sedative effect.<sup>14</sup> When experiencing temporary mood swings St John's Wort may help decrease fatigue.<sup>15</sup> St John's Wort was also found in a clinical trial to help calm the nerves.<sup>16\*</sup>

Traditional systems of many countries<sup>17,18</sup> and controlled clinical trials<sup>19,20,21</sup> support the use of Saffron to restore balance during temporary mood swings. In the Ayurvedic tradition of India, Saffron is said to support the tonic action of other herbs and nourish the tissues of the nervous system.<sup>22,23\*</sup>

Saffron and Schisandra are used traditionally to calm the nerves,<sup>18,24,25</sup> and Skullcap has shown a mild calming effect in healthy volunteers.<sup>26\*</sup>

### Eases the effects of occasional stress and helps maintain proper energy

Another traditional view supports the use of Skullcap for nervous tension due to occasional stress.<sup>27</sup> Schisandra is a type of herb known through research in Russia to assist the body's normal adaptation to stress.<sup>28</sup> Saffron and Schisandra have been used traditionally to maintain proper energy when the nervous system is a bit overextended.<sup>23,29\*</sup>

### Supplement Facts

Serving size:	1 tablet
Servings per container:	40
Amount per Serving	%DV
Calories	3
Skullcap herb 4:1 extract from <i>Scutellaria lateriflora</i> herb 500 mg	125 mg †
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 †
Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 675 mg	112.5 mg †
Saffron stigma 3:1 extract from <i>Crocus sativus</i> stigma 22.5 mg	7.5 mg †

† Daily Value (DV) not established.

Other ingredients: Cellulose, sodium starch glycolate, croscarmellose sodium, magnesium stearate, hypromellose, maltodextrin, silica and calcium phosphate.

**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.

### Product No

M1381

### Content

40 Tablets



**Professor Kerry Bone**  
MediHerb Co-Founder and  
Director of Research and Development

### A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

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## Why use top quality herbal products from a reliable manufacturer?

Consumers need to be confident of the integrity of the herbal manufacturer to ensure that the correct species of plant is used.

Even back as far as 1947 the *Dispensatory of the United States* noted that Skullcap had been one of the most substituted and adulterated herbs.<sup>30</sup> The problem of adulteration of commercial products with the potentially toxic germander (*Teucrium canadense* or *Teucrium chamaedrys*) has been known since the early 1980s, and efforts have been made to make the problem known to those in the herb trade including publications and notices by the American Botanical Council, the American Herbal Pharmacopoeia and the American Herbal Products Association among others.<sup>31</sup> MediHerb's research team working with the Southern Cross University in Australia identified the constituents in Skullcap. This work was confirmed by a research group in the United States, and the results were published in 2000.<sup>32,33</sup> As recently as 2011, among 13 products labeled as *Scutellaria lateriflora*, only five were made from this species: one was *Scutellaria baicalensis* (a different plant, used in the Chinese tradition), but disturbingly, four contained *Teucrium canadense*. In addition, three of the products contained very low concentrations of *Scutellaria lateriflora*. The researchers from the U.S. Department of Agriculture had purchased the products through the internet.<sup>34</sup>

## What Makes Nevaton® Forte Unique

Quality and safety ensured by quality systems, unique manufacture and analytical testing

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to stringent quality standards, for example, the quantity of hypericins in St John's Wort are measured with spectrophotometry, and the quantity of flavonoid glycosides are measured using high performance liquid chromatography; the identity of Skullcap is confirmed as *Scutellaria lateriflora* using thin layer chromatography

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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.

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



## Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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