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Many people throughout the world suffer from anxiety, restlessness, agitation, and depression. A survey reported that nearly 75% of people say they experience “great” stress at least once a week. Up to 90% of all visits to physicians are for stress-related problems, and job related stress is by far the leading cause.¹

In the case of menopausal or PMS (premenstrual syndrome) symptoms, a large number of women choose complementary medicine for the treatment of their physical symptoms and obtain significant relief. However, such products may not fully address the emotional component associated with menopause. Fortunately, Nervoheel® N is meant to ease **anxiety, nervousness, agitation, irritability, apprehension and mood swings** experienced during hormonal changes or other **stressful moments** in life such as at work, in relationships, during financial hardship, with children, when moving or even in our everyday hurried lifestyle.

Nervoheel® N is a unique product for improving general well-being and mood. It is especially designed to sooth mood-based symptoms such as nervousness, anxiety and irritability. Moreover, its effective yet gentle ingredients also help to diminish nervous tension and emotional distress which may be associated with psychosomatic disorders and mental or physical exhaustion.

Nervoheel® N

Addresses emotional instability at all ages...

Nervoheel® N has been carefully formulated by combining complementary ingredients which address a broad range of symptoms and improve general well-being, anxiety, nervousness, irritability and mood.

Benefits of Nervoheel® N

- **May be used for short or long-term treatments (acute or chronic conditions)**
- **Suitable for the entire family, including women who have suffered or are at risk of hormone-dependant cancers**
- **On the international market for over 13 years**
- **No known medicinal interactions, may be combined with other natural or conventional therapies**
- **Well tolerated, no known side effects, non-addictive and non-sedative**

Dosage recommendations	
General	Adults, 12 years and older: 1 tablet 3 times a day
	Children 6 to 11 years old: 1 tablet 2 times a day
	Young children 1 to 5 years old: ½ tablet 3 times a day
Acute	Adults, 12 years and older: 1 tablet every 30 to 60 minutes, up to 12 times a day
	Children 6 to 11 years old: 1 tablet every 1 to 2 hours, up to 8 times a day
	Young children 1 to 5 years old: 1 tablet every 1 to 2 hours, up to 6 times a day

Allow tablet to dissolve slowly in the mouth. Dissolve tablet in a teaspoon of water before administering to a young child.

Additional information

Medicinal ingredients: Ignatia D4; Acidum phosphoricum D4; Sepia D4 60 mg each; Kalium bromatum D4; Zincum valerianicum D4 30 mg each. Non-medicinal ingredients: magnesium stearate, lactose monohydrate.

Contraindication: bromine hypersensitivity.

While individual response to Nervoheel® N will vary according to each person's health status, the severity of the condition being treated, the age, the dosage used, etc., initial relief may be felt within hours. However, Nervoheel® N should be taken for several days or even weeks before benefiting from maximum improvement. If symptoms persist, worsen, are unidentified or newly occurring, consult a health care practitioner as medical attention may be required.

Nervoheel® N

Clinical background

Nervoheel® N is recommended by an increasing number of practitioners all over the globe with great success. More than 80% of patients treated with Nervoheel® N describe its efficacy as “good” or “very good”.² Moreover, a recent study has demonstrated that Nervoheel® N is as effective as lorazepam (an anxiolytic) in the short term treatment of mild nervous disorders.³

Broad range of applications

Nervoheel® N can be used successfully alone or in combination with other medications, especially in treating disorders where psychosomatic components may influence the course of medical conditions such as in inflammatory bowel disease (IBD) or menopausal symptoms.^{4,5} Nervoheel® N is also suitable for children in a variety of cases such as, amongst other things, stressful school situations.⁶



References:

- 1) The American Institute of Stress (AIS), America's #1 Health Problem, Site visited on September 22nd, 2005 (<http://www.stress.org/problem.htm>)
- 2) Weiser W. Erfahrungsbericht zur Anwendung, Wirksamkeit und Verträglichkeit von Nervoheel. (Report of experiences on the application, efficacy and tolerability of Nervoheel.) Unpublished data.
- 3) Van den Meerschaut L., Sünder A. The homeopathic preparation Nervoheel N can offer an alternative to lorazepam therapy for mild nervous disorders. eCam 2007;October 25th:1-9. DOI:10.1093/ecam/nem144.
- 4) Frase W. Die Antihomotoxische Behandlung von Darmerkrankungen. (Antihomotoxic therapy of intestinal diseases.) Biol Med 1990;(1):24-32.
- 5) Smit A. Hormonal impairment in aging women and complementary medicine. Biol Med 2001;30(6):303-6.
- 6) Küstermann K. Das hyperaktive Kind und andere psychosomatische Erkrankungen. (The hyperactive child and other psychosomatic diseases.) Biol Med 1994;23(2):79-84.

The information contained in this document does not replace the advice of a qualified health care practitioner. It is not intended to diagnose or treat any illness, nor is it intended to replace competent medical advice. Heel will not accept any medical or legal responsibility for the misinterpretation or misuse of the informational and educational content of the present document.

Nervoheel® N

- Clinically demonstrated efficacy
- Suitable for the entire family
- No known side effects nor medicinal interactions



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To help relieve mood-based symptoms such as nervousness, anxiety and irritability

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