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Do you tend to take your worries to bed with you? Do you commonly wake up in the morning feeling leaden and tired, not being able to shake off the night, and get into gear during the day? If this sounds familiar, you probably already know that the result is almost invariably a bad night's sleep at best, or at worst, a sleepless night! The consequences are devastating: it is difficult to concentrate at work, at school, or in your daily chores and you fall behind in your schedule. Nervousness and agitation increase, performance decreases and tasks begin to pile up. Getting through the day becomes a battle that continues to preoccupy and worry you at night. Your sleep increasingly worsens every night and a vicious cycle ensues.

You are not alone. An estimated 3.3 million Canadians aged 15 and older, or about one in every seven, have problems going to sleep or staying asleep, and thus are considered to have insomnia.<sup>1</sup> The College of Family Physicians of Canada suggests that 30-40% of adults have some amount of insomnia in any given year.<sup>2</sup> If lack of sleep becomes a permanent state, this can have a negative impact on health and quality of life, because it is during the night that the body and soul recover and regenerate, to "recharge batteries". Instead of worrying and waiting for the situation to improve on its own, take action. The sooner, the better. There are a variety of simple actions you can take and tips that can help ease the problem and restore your energy and sleep; consult a health care practitioner to discuss these.

Luckily, Neurexan® contributes to **putting an end to the spiral** of stress, nervous restlessness during the day, and poor sleep at night. This natural sleep aid will help improve sleep quality by addressing different insomnia-related issues such as **difficulty falling asleep, frequent and early morning awakenings, light sleep or unrestful sleep**. Neurexan® will reactivate the body's natural readiness for sleep and promote restful and deep-sleep cycles. Over time, you will find yourself feeling healthier with a clearly improved physical and mental well-being.

# Neurexan®

**Tucks you in for a good night's sleep...**

Neurexan® restores the body's natural sleep cycle. By improving poor-sleep patterns, it helps provide renewed energy and mental clarity during the day, while allowing for gentle relaxation at night. With Neurexan®, sleep well and awake feeling restored, invigorated and rested.

## Benefits of Neurexan®

- Clinically proven effective in rebalancing sleep
- Can be used for short or long-term treatments (acute or chronic conditions)
- Suitable for the entire family
- No known side effects (such as photosensitivity, tolerance addiction) or contraindications
- Improves one's disposition to sleep without worries of morning grogginess
- No known medicinal interactions, may be combined with conventional or natural medicines

## Recommended dosages

### In general

**Adults, 12 years and older:**  
1 tablet 3 times during the evening  
**Children 6 to 11 years old:**  
1 tablet 2 times during the evening  
**Young children 1 to 5 years old:**  
½ tablet 3 times during the evening

### In acute situations (when insomnia persists and in addition to the general dosage)

**Adults, 12 years and older:**  
1 tablet every 15 minutes, up to 3 more times  
**Children 6 to 11 years old:**  
1 tablet every 15 minutes, up to 2 more times  
**Young children 1 to 5 years old:**  
½ tablet every 15 minutes, up to 3 more times

### Additional information

Medicinal ingredients: Avena sativa D2, Passiflora incarnata D2, Zincum valerianicum D4, Coffea D12. Non-medicinal ingredients: magnesium stearate, lactose monohydrate.

While individual response to Neurexan® will vary according to each person's health status, the severity of the condition being treated, the age, the dosage used, etc., initial benefits may be felt within hours or days. However, in chronic disorders, Neurexan® should be taken for 6-8 weeks before evaluating its complete effectiveness. If symptoms persist, worsen, are unidentified or newly occurring, consult a health care practitioner as medical attention may be required.

## Neurexan®

### Clinical and scientific background

Research is presently under way to determine the possible mechanism of action of Neurexan®. Preliminary results suggest that the recording of electrical activity during a stress-related emotional situation (electroencephalogram) revealed a smaller increase of beta 2 power when administering Neurexan® compared to placebo. This is indicative of better coping with task-related stress while on Neurexan®.<sup>3</sup>

More recent studies have confirmed Neurexan®'s known efficacy by measuring it against other well-known sleep aids, as well as testing it in a variety of nervous disorders which commonly lead to restless sleep.<sup>4</sup>

Currently, Neurexan® is successfully used to treat a wide variety of sleep disturbances in individuals of all age groups (from children to seniors). Unlike conventional medications which simply suppress the symptoms, Neurexan® is designed to stabilize the body's natural day and night sleep rhythm.

### Synergistic action

If you suffer from nervousness, agitation, irritability, apprehension or mood swings, combine Nervoheel® N with Neurexan® for your perfect day and night recovery plan! Relax during the day with Nervoheel® N and sleep well with Neurexan® at night!



#### References:

- 1) Statistics Canada. The Daily, Wednesday November 16<sup>th</sup> 2005, Study: Insomnia. Site visited on August 2<sup>nd</sup>, 2007 (<http://www.statcan.ca/Daily/English/051116/d051116a.htm>).
- 2) The college of family physicians of Canada. Insomnia-How to get a good night's sleep. Site visited on August 2<sup>nd</sup>, 2007 (<http://www.cfpc.ca/English/cfpc/programs/patient%20education/insomnia/default.asp?s=1>).
- 3) Dimpfel W. Psychophysiological effects of Neurexan® on stress-induced electroencephalograms. A double blind, randomized, placebo-controlled study in human volunteers. Poster presentation, World Conference of Stress, Budapest, Hungary, August 2007.
- 4) Waldschütz, R. and Klein, P. (2008) The homeopathic preparation Neurexan® vs. Valerian for the treatment of insomnia: an observational study. The Scientific World Journal: TSW Holistic Health and Medicine 8,411-420. DOI 10.1100/TSW.2008.61.

The information contained in this brochure does not replace the advice of a qualified health care practitioner. Heel Canada does not warrant the completeness of the information contained within nor will accept any medical or legal responsibility for the misuse or misinterpretation of the informational content of the present document.



## Neurexan®

- Clinically demonstrated efficacy
- Suitable for the entire family
- No known side effects, contraindications or medicinal interactions



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## Treatment of sleeping problems (insomnia)

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