



Nerve Control

(formerly RE-X)

Stock #1242-4 (100 capsules)

Nerve Control is an herbal sedative designed to reduce the effects of emotional upset, nervous tension, and excessive stress upon the body. Nerve Control combines herbs known for their ability to calm the nerves, reduce inflammation, relieve pain, relax muscle spasms, and lower blood pressure. Nerve Control does not hinder reflexes or response time like many chemical sedatives.

Nerve Control provides needed relief from anxiety, arthritic pain, asthma, chronic coughs, colic, depression, dyspepsia, epilepsy, excitability, gastrointestinal dysfunction, headache, hypertension, insomnia, irritability, irritable bowel syndrome, menstrual/menopausal complaints, muscle cramps/spasms, nervous tachycardia, nervous tension, neuralgia, panic attacks, PMS, respiratory problems, restless sleep, and stress-induced ulcers.

Black cohosh acts as an anti-inflammatory for arthritic and rheumatic conditions, especially arthritis associated with menopause. Black cohosh also acts as a mild analgesic (pain-reliever), due to the presence of salicylic acid. The mild hypotensive (reduce blood pressure), sedative and vasodilatory (dilate blood vessels) effects produced by black cohosh have been found helpful for treating high blood pressure, tinnitus, and vertigo. European researchers believe black cohosh's hypotensive effect is due to the presence of the triterpene glycoside, actein, as well as other resinous substances found in the herb. These actions combined with the herb's antispasmodic properties have proven helpful for relieving asthma and chronic coughs, including whooping cough. Perhaps the most widely known use of black cohosh is for female reproductive problems such as amenorrhea, dysmenorrhea, menopausal symptoms such as debility, depression, and hot flashes, and difficult pregnancy or childbirth.

Capsicum has long been used as a stimulant to increase circulation and cardiovascular activity, while at the same time lowering blood pressure and aiding in the prevention of heart attack and stroke. Capsicum has been found to effectively stimulate production of digestive and mucosal fluids which helps improve digestion, soothes inflammation, enhances the removal of toxins from the body, and relieves gastrointestinal problems, including bleeding ulcers, colic, dyspepsia, flatulence, and even diarrhea. Capsicum has been found beneficial for numerous ailments, including arthritis, vascular headaches, infections, kidney problems, menstrual complaints, respiratory conditions such as asthma and pleurisy, and gastric ulcers.

Catnip exhibits a soothing, sedative effect on the digestive system, relieving colic, diarrhea, flatulence, nervous indigestion, stomach upset, stress-induced dyspepsia, and headaches associated with digestive problems. Catnip also helps excitability, insomnia, and palpitations. In addition, catnip acts as a mild antispasmodic to alleviate chronic coughs and menstrual cramping. The active constituents in catnip's volatile oil have been shown to provide sedative properties similar to the active constituents in valerian.

Hops are a common aid for calming and relaxing nerves, anxiety, excitability, irritability, tension headaches, and nervous gastrointestinal complaints, including irritable bowel syndrome. Hops are a popular natural sedative for promoting sleep, with effects noticed within 20-30 minutes after ingestion. In fact, hops have a more direct correlation to inducing sleep than does valerian, and are widely used for insomnia or restless sleep. Hops have also been found to act as a diuretic for bladder and kidney problems such as cystitis, painful urination and urinary tract infections; as an expectorant to clear the lungs; and as a pain-reliever and antispasmodic for certain forms of asthma, as well as colic, menstrual pain, muscle cramps, and spastic colon. Research shows hops exhibit certain hormonal effects.

Passion flower's sedative, tranquilizing and sleep-inducing qualities have been confirmed in studies. Passion flower is widely used for anxiety, hyperactivity in children, hypertension, irritability, nervous tachycardia, and nervous tension. Passion flower's relaxing effect helps reduce nervous overactivity and panic, and has proven quite effective for nervous tension stemming from hormonal changes associated with premenstrual syndrome (PMS) and menopause. Thus, passion flower is regarded as a mild and non-addictive herbal sedative, fairly comparable to valerian. Passion flower also acts as an antispasmodic to relax muscle spasms associated with asthma, colic, dysmenorrhea, elevated blood pressure, hemorrhoids, irritable bowel syndrome, muscle cramps, palpitations, and whooping cough. Passion flower has been used in some instances for convulsions. Furthermore, passion flower's analgesic (pain-killing) properties have been demonstrated in studies and proven helpful for headaches, menstrual pain and toothache.

Valerian has been proven through extensive research to promote restful sleep, improve the quality of sleep, reduce blood pressure, and relax muscle spasms associated with asthma, colic, convulsions, coughs, croup, epilepsy, irritable bowel syndrome, menstrual and stomach cramps, and neck and shoulder tension. Valerian also helps

alleviate symptoms associated with stress or nervous tension such as aggression and irritability, depression, fatigue, headaches, heart palpitations, migraines, panic, sweating, tremors, and restless sleep accompanied by repeated waking. Valerian is non-addictive and its effects are not increased with alcohol consumption. Normal sleepers are typically unaffected by valerian use.

Wood betony's mildly sedative effects help relieve nervous stress and tension. Wood betony also improves cerebral circulation, which may explain its use for headaches and facial neuralgia. In Britain, wood betony is used to strengthen the nerves, calm overactivity, relieve premenstrual complaints, and improve poor memory. Wood betony stimulates digestive and liver function, dilates peripheral blood vessels, relaxes muscle spasms, and increases urine flow. Wood betony has also been found to exhibit hypotensive effects, due to the presence of certain glycoside constituents. Wood betony has traditionally been used for anxiety, arthritis, epilepsy, excess mucus in the upper respiratory tract, fevers, gastritis, headaches, hypertension, jaundice, menstrual/menopausal problems, muscle twitching, neuralgia, poor digestion, rheumatism, and sinusitis. Wood betony is not recommended during pregnancy.