



Nerve Eight (formerly Stress Relief) Stock #873-6 (100 capsules)

Nerve Eight is an herbal formula designed to relieve pain and inflammation in the joints, muscles and nerves. Nerve Eight combines herbs that have demonstrated effective analgesic (pain-relieving) and anti-inflammatory effects for a wide range of health problems, including arthritis-related disorders, back pain, headaches, and muscle and nerve pain. Nerve Eight also provides herbs that have mild sedative properties, which can help ease anxiety and depression, lower blood pressure, and relieve stress and nervous tension. Each capsule of Nerve Eight contains:

Black cohosh, which acts as a mild analgesic agent due to the presence of salicylic acid, has also been shown to provide anti-inflammatory, mild sedative, and smooth muscle and nerve relaxant effects. A review of clinical studies confirmed that black cohosh significantly reduced depression and anxiety in perimenopausal and postmenopausal women. Black cohosh has also been used to lower blood pressure and relieve nervous tension. It is

important to note that black cohosh may enhance the hypotensive (blood pressure-lowering) effect of antihypertensives (medications that reduce high blood pressure).¹⁻⁸

Capsicum stimulates production of digestive and mucosal fluids, which in turn, helps improve digestion, soothe inflammation and relieve gastrointestinal problems. Capsicum also demonstrates analgesic effects by depleting substance P, a neuropeptide that transmits pain signals from the nervous system to the brain. In addition, capsicum has been used to enhance energy and relieve mild depression and fatigue resulting from stress. A recent study further indicates that capsicum supplementation can reduce resting heart rate in men.^{1-6,9-12}

Devil's claw is a popular alternative to anti-inflammatory and analgesic drugs, used both as a supportive or adjuvant treatment of degenerative joint diseases. Devil's claw is also used for chronic low back pain, headache, tendonitis, menstrual pain and fibromyalgia. Devil's claw has been shown to be an effective anti-inflammatory agent in chronic arthritis, including both osteoarthritis and rheumatoid arthritis. Clinical trials show devil's claw reduces pain and improves movement and range of motion, demonstrating anti-inflammatory and analgesic effects that are comparable to most NSAIDs (non-steroidal anti-inflammatory drugs), but with fewer adverse effects. The German Commission E has approved devil's claw for degenerative disorders of the musculoskeletal system, which includes painful conditions of the musculature, tendons and joints. Individuals with gallstones, stomach inflammation, or duodenal or gastric ulcers should avoid using devil's claw, due to the herb's ability to stimulate stomach acid production. Devil's claw is also contraindicated during pregnancy.^{4-6,13-19}

Ginger has been used for what may be thousands of years to treat various inflammatory diseases. Ginger demonstrates analgesic, anti-inflammatory and antiedematogenic (a substance that prevents edema or swelling) effects. Ginger shares pharmacological properties with non-steroidal anti-inflammatory drugs, in that it suppresses inflammatory prostaglandin synthesis by inhibiting COX-1 and COX-2. For example, studies have shown that ginger extracts have provided statistically significant effects on reducing symptoms of osteoarthritis of the knee, as well as varying degrees of relief from pain and swelling among arthritis patients and patients with muscular discomfort. In addition, a recent study found that ginger was as effective as mefenamic acid and ibuprofen for relieving pain in women with primary dysmenorrhea (severe uterine pain during menstruation).^{4-6,20-26}

Hops has long been used in traditional European medicine as a mild sedative and is approved for use by the German Commission E for the treatment of anxiety and restlessness, as well as sleep disturbances. Hops is commonly used to relieve insomnia and to help wean patients off prescription sedatives. Animal research also indicates that hops exerts some antidepressant activity. In addition, a standardized hops extract was shown to selectively inhibit the pro-inflammatory activity of COX-2, thus indicating its potential for use in inflammatory disorders and/or for inflammatory pain. Hops is not recommended for use with prescription sleep-aids, central nervous system (CNS) depressants or antipsychotic drugs, as this may cause additive effects. Due to the herb's potential estrogenic activity, hops is contraindicated during pregnancy and for those with estrogen-dependent tumors such as breast, cervical or uterine cancer.^{1,4,5,9,27-33}

Valerian root is regarded as an effective sedative, antispasmodic and mild analgesic agent, and is approved by the German Commission E for restlessness and sleep disturbances resulting from nervous conditions. Likewise, the World Health Organization recommends valerian as a milder alternative or potential substitute for prescription sedatives such as benzodiazepine drugs for nervous excitability and anxiety-induced sleep disturbances. Valerian is indicated for use for mild to moderate anxiety, emotional stress, hyperactivity, hysteria, insomnia, migraine/tension headaches, premenstrual/menopausal agitation and nervous tension. Valerian helps improve insomnia by reducing

the time it takes to fall asleep and improving sleep quality; however, valerian is also beneficial as a daytime sedative for reducing agitation, anxiety, nervous excitability, restlessness, stress and nervous tension. Furthermore, a recent study found that valerian improved symptoms of restless leg syndrome and decreased daytime sleepiness. Unlike benzodiazepine drugs, such as Valium and Xanax, valerian does not appear to potentiate the effects of alcohol, nor does it affect coordination or driving ability or cause morning drowsiness. However, valerian should not be used in conjunction with prescription sleep-aids or anxiolytic drugs as they can have an additive effect. Although some sources recommend against the use of valerian during pregnancy and lactation, the German Commission E lists no contraindications. Likewise, a recent review of herb use, including valerian, during early pregnancy found no signs of negative effects on pregnancy outcomes.^{4-6,9,27,34-42}

White willow bark is predominantly used as a natural anti-inflammatory and analgesic for relief of arthritis, backache, headaches, muscle pain, neuralgia (nerve-related pain), and toothaches. The German Commission E has approved willow bark for rheumatic ailments, headaches and diseases accompanied by fever. A number of clinical studies have proven the efficacy of willow bark in painful inflammatory and degenerative rheumatic diseases, while randomized, double-blind studies have found standardized willow bark extract to be far more effective than placebo for treating chronic low back pain and osteoarthritis.^{4-6,13,43-46}

Wood betony has been used throughout history, dating back to ancient Egypt, for its sedative effects on the nervous system. Wood betony acts as a relaxant and tonic for the nervous system, helping to calm nervous tension and soothe pain, especially nerve pain. Wood betony has been indicated for a variety of health problems, including arthritic conditions, gout, hypertension, menstrual pain, migraines, neuralgia, nervous disorders, rheumatism, sciatica, and headaches stemming from poor circulation and nervous tension. In addition, Russian researchers have identified substances in wood betony that possess anti-inflammatory and hypotensive (blood pressure-lowering) actions.^{9,43,47-58}

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