



# Neuraplex



## Healthy Mental Wellbeing

- ▶ Anxiety
- ▶ Depression
- ▶ Restlessness
- ▶ Nervousness
- ▶ Stress tolerance
- ▶ Mood improvement



# Neuraplex

## Discover Healthy Mental Wellbeing

Neuraplex is a traditional European herbal formula used to improve mood and mental wellbeing. The herbs have a calming and regulating effect on the mind and the autonomic nervous system (ANS), leading to a healthier balance in physical and mental health.

Improve wellbeing  
without any risk  
of addiction



## Traditional Uses for Herbs found in Neuraplex

The herbs found in Neuraplex are clinically proven to promote a balanced and healthy wellbeing during times of low moods, nervous agitation, and insomnia.

- ▶ Promote healthy mood balance
- ▶ Relieve restlessness and nervousness
- ▶ Calm and relax the nervous system
- ▶ Sleep aid in times of mental stress & low moods
- ▶ Enhance mood when experiencing mild depression and anxiety

## Clinically Proven Health Benefits

The herbs found in Neuraplex are among the most extensively researched and documented in terms of their effectiveness related to enhancing mood and increasing stress tolerance in cases of mild depression, anxiety, sleep issues, nervousness, restlessness, and nervous system stress.

Herbal Ingredient	Herbal Actions	Traditional Herbal Medicine Uses
St. John's Wort	<ul style="list-style-type: none"> <li>• Anti-inflammatory</li> <li>• Anti-depressive</li> <li>• Anti-viral</li> <li>• Anxiolytic</li> <li>• Calmative</li> <li>• Sedative</li> <li>• Vulnerary</li> </ul>	Helps to relieve mild depression, relief of restlessness and nervousness, helps relieve restlessness and/or nervousness, helps promote healthy mood balance and relieve sleep disturbances associated with mood imbalance, anti-inflammatory & antiviral effects.
Valerian root	<ul style="list-style-type: none"> <li>• Anxiolytic</li> <li>• Calmative</li> <li>• Hypnotic</li> <li>• Nervine</li> <li>• Sedative</li> </ul>	Sleep aid to help promote sleep, used as a mild sedative and sleep-promoting agent, soothing and calming effects to help relieve restlessness and/or nervousness, promotes a relaxing effect on the nervous system.
Passion flower	<ul style="list-style-type: none"> <li>• Analgesic</li> <li>• Anxiolytic</li> <li>• Calmative</li> <li>• Hypnotic</li> <li>• Nervine</li> <li>• Sedative</li> <li>• Vasodilator</li> </ul>	Helps relieve restlessness and/or nervousness, promotes a relaxing effect on the nervous system, used as a sleep aid during times of mental stress, helps modulate the response to pain.
California poppy	<ul style="list-style-type: none"> <li>• Antispasmodic</li> <li>• Anxiolytic</li> <li>• Calmative</li> <li>• Hypnotic</li> <li>• Sedative</li> <li>• Spasmolytic</li> </ul>	Soothing and calming effects to help relieve restlessness and/or nervousness, used as a mild sedative and sleep-promoting agent, used as a sleep aid, used as an analgesic, and helps reduce spasm in smooth muscles.
Corydalis	<ul style="list-style-type: none"> <li>• Analgesic</li> <li>• Anodyne</li> <li>• Narcotic</li> </ul>	Helps prevent agitation, helps modulate response to pain, bitter herbal for digestion.

1. Hobbs, Christopher. PhD, L.Ac. Herbal Action Categories, 2016. <https://www.christopherhobbs.com/webdocs/class-handouts/keville-hobbs-2016/Herbal-Actions.pdf>
2. Barnes, J., Anderson, L.A., Phillipson, J.D. St John's Wort (*Hypericum perforatum* L.): A Review of its Chemistry, Pharmacology and Clinical Properties. *J Pharm Pharmacol* 2001 May;53(5):583-600.
3. Elham Alramadhan, E., Hanna, M., Hanna, M.S., Goldstein, T.A., Avila, S.M., Weeks, B.S. Dietary and Botanical Anxiolytics. *Med Sci Monit*. 2012; 18(4): RA40-RA48.
4. Schulz, H., Jobert, M., Hübner, W.D. The Quantitative EEG as a Screening Instrument to Identify Sedative Effects of Single Doses of Plant Extracts in Comparison with Diazepam. *Phytomedicine*. 1998 Dec;5(6):449-58.
5. Kleber, E., Schneider, W., Schäfer, H.L., Elstner, E.F. Modulation of Key Reactions of the Catecholamine Metabolism by Extracts from *Eschscholtzia californica* and *Corydalis cava*. *Arzneimittelforschung*. 1995 Feb;45(2):127-31.

# Neuraplex



## Medicinal Ingredients: Each vegetarian capsule contains:

St. John's wort (*Hypericum perforatum*) 4:1 QCE: 240 mg; 0.3% Hypericins, 3% Hyperforin; aerial parts with flowers) . . . . . 60 mg  
California poppy (*Eschscholzia californica*; aerial part) . . . . . 40 mg  
Hollowroot (*Corydalis cava*, root) . . . . . 40 mg  
Passion flower (*Passiflora incarnata*; 5:1 QCE 160 mg; flower) .32 mg  
Valerian (*Valeriana officinalis*, 4:1 QCE 112 mg; root) . . . . . 28 mg

**Non-medicinal Ingredients:** Microcrystalline cellulose, magnesium stearate, hydroxypropyl methylcellulose (capsule shell).

**Recommended Dose: Adults:** Take two capsules three times a day or as directed by a health care practitioner.

**Recommended Duration of Use:** Consult a health care practitioner for use beyond 8 weeks.

**Caution/warnings:** Consult a health care practitioner if you take sedatives, MAO, non-nucleoside reverse transcriptase inhibitors, digoxin, theophylline, migraine therapies, anti-epilepsy drugs, anti-anxiety, seizure medications, antihistamines, bronchodilators, muscle relaxant and/or opiates. Consult a health care practitioner if you experience sleep disturbances, severe drowsiness and/or withdrawal symptoms upon abrupt discontinuation following chronic use.

NPN 80029325 • 100 capsules



BIOMED.

Quality. Excellence. Beyond Medicine.

102 - 3738 North Fraser Way, Burnaby, B.C. V5J 5G7 | 1-800-665-8308 | biomedicine.com