

# GENERAL NERVINE FORMULA



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## Formulae

Skullcap Herb, Hops, Valerian Root, Gentian Root, Black Cohosh.

## Therapeutic Action

This formula has been used to calm the nerves and induce a restful sleep. It tends to quiet the mind enabling you to drift off to sleep and wake up in the morning feeling alert and clear. The Valerian added to this formula produces an exhilarating sensation and is especially useful for women of all ages who may have emotional swings during their menstrual cycles. Known to also calm morphine addicts. The General Nervine formula has also been proven useful when dealing with ADD and ADHD.

## Dosage

I have found that taking 2-4 droppers full of this tincture in a hot tea at bed time to be an effective dose. Remember as with any herbal tonic use your best judgment as to what is best for you. This is an herb, not a drug. The only adverse effect I have found is sleepiness.



Skullcap Herb



Valerian Root



Hops



Black Cohosh

**Tinctures:** 2oz/\$20 4oz/\$35 16oz/\$105 32oz/\$210 Gallon/\$630

**Dry Kits:** 4oz/\$40 8oz/\$60



Dry Herb Kit  
*ready to tincture*



Gallon



2 oz --32 oz