



149 Barrington Street,  
Christchurch – New Zealand.  
Phone: (03) 332 1786  
Fax: (03) 332 1486  
E-Mail: [products@nzherbal.com](mailto:products@nzherbal.com)

## BRAIN E

New Zealand Herbals Brain E formula is specifically designed to aid circulation (particularly to the brain) and to provide the brain and nervous system with additional nutrients. Due to the careful selection of herbs, this remedy also has other positive effects on other areas of the body, however its main effects include:

- Improvement in concentration.
- Reduction of 'brain fatigue' and assistance with memory recall.
- Reduction of stress and anxiety in certain circumstances.

New Zealand Herbals Brain E formula is made from completely organic and pesticide-free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Gotu Kola:** This herb has remarkable properties. In Ayurvedic medicine it is used to detoxify the liver and blood, as well as building adrenal and kidney strength. It is also believed to reduce the toxic accumulation of heavy metals and drugs which may be found in the brain or nerves. It has also been used to treat certain types of cancerous tumours.  
This herb is also known as Brahmi in Ayurvedic medicine and is said to support the practice of meditation and can help to enhance the awareness of the mind.
- **Blessed Thistle:** This is rather a bitter-tasting herb, but its benefits within the remedy include antibacterial properties and it serves as a digestive tonic. It may also assist the health of the heart and brain.
- **Ginkgo:** A very well-known and frequently studied herb, its complete benefits are too many to list here. It has been shown to improve vascular disorders such as vertigo, tinnitus, as well as other conditions such as inner ear disturbances, impairment of memory, poor concentration.  
Studies have shown that it may assist those who have a sensitivity to cold and pallor in the toes (caused by poor circulation) due to its effect on the circulation system. It has also been found to be a good uterine stimulant.
- **Ginseng:** Ginseng is another very well-known herb for its benefits to the mind due to its ancient history. Unfortunately this has also resulted in a lot of folklore about its actions and benefits (its genus name is Panax which (in Latin) roughly means "cure all").  
However, it still has many benefits, some of which make it ideal in this remedy. One of these benefits is increased capillary circulation of the brain. (It is given for such conditions as cerebral anemia) These benefits are most noticeable with the addition of other herbs).  
Ginseng can also benefit the weak or elderly due to its adaptogenic effects and stimulating properties. Care should be taken if one suffers from an acute inflammatory disease or bronchitis since its stimulating effects can be counter beneficial if one suffers from such conditions.
- **Cayenne:** Cayenne can help to stimulate blood flow and strengthen the heart, arteries, capillaries, and nerves. It is also beneficial for the digestive system.  
Because it benefits the circulation system, it can help those who suffer from cold extremities. It may even assist the body to fight off colds and infections.
- **Liquorice Root:** Liquorice is a natural anti-inflammatory which aids in the relief of muscle spasms and inflammation. It has a healing effect on all the body's mucous surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucous membranes. It also aids the removal of excess toxins found within the bowels. However, it is added to this remedy to mask the taste of some of the bitter herbs which this remedy contains.

Brain E provides many benefits, not only for the brain but other parts of the body as well. However, as with all remedies, avoid exceeding the recommended dose and consult your practitioner if you suffer from certain conditions which may be aggravated by the consumption of this product.

**PRECAUTIONS:** If you are sensitive to the consumption of cayenne, please consult your health practitioner before consuming this product.

**Typical Dose:** One full dropper one to three times daily.