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SEDATONE

A powerful nerve tonic used to treat anxiety, depression, and insomnia. This remedy may be able to assist you if you suffer from such conditions.

New Zealand Herbals Sedatone 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:

- **Valerian:** Valerian is a very strong nervine and is very beneficial in the treatment of insomnia. It contains essential oils and alkaloids which combine together to produce a calming sedative-like effect. It can be used as a tranquiliser, but rather than leaving the person feeling sluggish, this herb tends to leave one feeling refreshed. It is known as a safe, non-narcotic herbal sedative and has traditionally been used for anxiety. The herb is best used when combined with other nervines (such as the ones contained within this remedy). It also has pain-relieving and anti-spasm properties.
- **Damiana:** Damiana has tonic and nervine properties and is particularly useful for those who suffer from depression or anxiety.
- **Hypericum:** A gentle sedative which has a calming and restorative effect on the nervous system. It is specifically beneficial for those with neurotic depression, anxiety, tension, or irritability. It is thought to help the release of neuro-transmitters in the central nervous system.
- **Vervain:** A well-known nerve tonic. Vervain has been used by herbalists for hundreds of years. It is best used to treat nervous disorders, including depression, nervous exhaustion, and stress. It is also an excellent liver tonic and therefore very beneficial if there is a relationship between depression and the liver.
- **Skullcap:** Skullcap has been traditionally used as a nerve tonic. It is said to calm the heart, promote awareness, clarity and detachment as it restores control over the senses. Classed by herbalists as a nervine tonic, antispasmodic, and anticonvulsant, it contains calcium, potassium, magnesium, zinc, and vitamins C & E.

PRECAUTIONS: This remedy is best used short term and infrequently. Valerian can cause headaches and mental depression in some people. Do NOT use continuously for more than three months.

Typical Dose: Five to ten drops when required.