

Drug Facts

Active ingredients

Purposes*

Avena sativa 12X.....	sleeplessness, focus
Argentum nitricum 30C.....	neuralgia, nerve pain
Caffeinum 30X.....	hyperactivity
Humulus lupulus 30C.....	nervousness
Hyoscyamus niger 30C.....	restlessness
Hypothalamus 12C.....	mental fatigue
Ignatia amara 30C.....	feelings of anxiety and fear
Iodium 30C.....	melancholy, restlessness, anxiety
Kali phosphoricum 12X.....	memory, focus, nerve, sleeplessness
Magnesia phosphorica 6X.....	headache, focus, memory, anxiety

Uses*

May help temporarily relieve ■ poor attention ■ lack of focus
■ restlessness

Warnings

If pregnant or breast-feeding, ask a health professional before use.
If symptoms worsen or persist for more than 30 days, consult a physician.
Keep out of reach of children. In case of overdose, get medical help
or contact a Poison Control Center right away.

Directions

Adults and children 12 years and over: ■ take 6 tablets daily as needed,
best taken 20 minutes before or after a meal

Other information ■ store at room temperature (65–80°F)

Inactive ingredients Cellulose, Croscarmellose Sodium,
Dextrose (non-GMO), Lactose, Magnesium Stearate