

Quality is our Passion  
Passion Flower (*Passiflora incarnata*)

## Nevaton®

Nevaton® is a unique combination of Schisandra berries, Damiana leaf, Skullcap herb and St John's Wort herb with flowers. Standardized extracts contain certain levels of important constituents. The St John's Wort extract used in Nevaton® is a standardized extract.\*

Skullcap has been traditionally used by Native Americans.<sup>1</sup> The name 'skullcap' comes from the helmet-shaped upper lid of the seed pods.<sup>2</sup> Damiana leaf has been used by the indigenous people of Mexico<sup>3</sup> and by the ancient Mayan civilization.<sup>4</sup> Schisandra berries have been used as a tonic in traditional Chinese medicine.<sup>5</sup> St John's Wort is a herb well known to natural clinicians of the Western tradition.<sup>6\*</sup>

## How Nevaton® Keeps You Healthy

### Supports healthy nervous system response, calms the nerves and restores balance in temporary mood swings

Nerve tonics (also called nervines) are herbs used by natural clinicians that nurture the nervous system. They help restore normal function to the nervous system when slightly out of balance.<sup>7</sup> In cases of nervousness and stress, nerve tonics may help the body to relax. For temporary mood swings nerve tonics may help restore balance and support a healthy response. Damiana, St John's Wort and Skullcap have been used traditionally as nerve tonics, to calm the nerves and restore balance in temporary mood swings.<sup>7,8</sup> Schisandra is used in traditional Chinese medicine to calm the nerves and support healthy nervous system response.<sup>9,10\*</sup>

Clinical trials also suggest that St John's Wort may be effective for restoring balance in temporary mood swings<sup>11</sup> and calming the nerves.<sup>12,13</sup> When experiencing temporary mood swings St John's Wort may help decrease fatigue.<sup>14\*</sup>

Skullcap had a calming effect in a clinical trial with healthy volunteers.<sup>15\*</sup>

### Eases the effects of occasional stress

Another traditional view supports the use of Skullcap for nervous tension due to occasional stress.<sup>16</sup> The results of a clinical trial suggest that St John's Wort extract may ease the effects of occasional stress. It may do this by having a normal regulatory action on the hypothalamus-pituitary-adrenal axis. (This is a part of the body that helps with the stress response.)<sup>17</sup> Schisandra has a supportive function for the body during occasional stress.<sup>5</sup>

### Why use top quality herbal products from a reliable manufacturer?

Consumers need to be confident of the integrity of the herbal manufacturer to ensure that the product contains the stated amount of important constituents and that the correct species of plant is used.\*

### Supplement Facts

Serving size:	1 tablet	
Servings per container:	30	
Amount per Serving		%DV
Calories	3	
Calcium	40 mg	4%
Schisandra fruit 4:1 extract from <i>Schisandra chinensis</i> fruit 675 mg	168.8 mg	†
Damiana leaf 4:1 extract from <i>Turnera diffusa</i> leaf 625 mg	156.3 mg	†
Skullcap herb 4:1 extract from <i>Scutellaria lateriflora</i> herb 500 mg	125 mg	†
St John's Wort herb fl. top 6:1 extract from <i>Hypericum perforatum</i> herb fl. top 750 mg Containing hypericins 375 mcg	125 mg	†

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, magnesium stearate, silica and sodium starch glycolate.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product.

Product No	Content
M1380	30 Tablets

Nevaton® M1380



Associate Professor Kerry Bone  
MediHerb Co-Founder and  
Director of Research and Development

### A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

\* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Even back as far as 1947 the *Dispensatory of the United States* noted that Skullcap had been one of the most substituted and adulterated herbs.<sup>18</sup> The American Herbal Products Association adopted a recommendation in July 1997 that Skullcap herb (*Scutellaria lateriflora*) should be free of the adulterant Germander herb (*Teucrium chamaedrys*).<sup>19</sup> MediHerb's research team working with the Southern Cross University in Australia identified the constituents in Skullcap. This work was confirmed by a research group in the United States, and the results were published in 2000. Before this time little was known about the precise chemical make-up of Skullcap (and hence how to identify it by precise analysis).<sup>20,21</sup>

The American College of Physicians–American Society of Internal Medicine prepared a clinical guideline in 2000. They recommended that St John's Wort may be considered as short-term support for temporary mood swings. They cautioned that St John's Wort is not approved by the US Food and Drug Administration and that preparations may vary substantially from those tested in clinical trials.<sup>22</sup> The quality of St John's Wort products sold in the United States has been found to vary greatly. Research published in 2005 and 2006 indicated that products obtained from Mississippi and Washington DC had levels of the important plant constituents called hypericins much lower than that claimed on the labels.<sup>23,24\*</sup>

## What Makes Nevaton® Unique

Nevaton® is unique in the professional herbal products industry because:

- It states on the label exactly how much each tablet contains of the important plant constituents (hypericins)
- MediHerb tests raw materials for the quantity of hypericins and flavonoid glycosides in St John's Wort and flavonoids in Skullcap
- MediHerb's testing also ensures the hypericins are retained in the product throughout manufacture
- Top quality organically grown plants are used in the manufacture of the Skullcap component of this tablet

## Unique Manufacture & Analytical Testing

### Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards, including stringent testing to guard against substitution of Skullcap (*Scutellaria lateriflora*) with other species of *Scutellaria* or replacement with the toxic herb Germander (*Teucrium* spp.)
- Unique extraction method using cold percolation for the Schisandra, Damiana and Skullcap components of this tablet (this protects the delicate plant constituents, ensuring a full range of constituents)

### References

<sup>1</sup> Erichsen-Brown C. Medicinal and Other Uses of North American Plants: A Historical Survey with Special Reference to the Eastern Indian Tribes. Dover Publications, New York, 1979. <sup>2</sup> Felter HW, Lloyd JU. *King's American Dispensatory*. 18th Edn, 3rd revision. First published 1905, reprinted Eclectic Medical Publications, Portland, 1983. <sup>3</sup> Diaz JL. *Annu Rev Pharmacol Toxicol* 1977; **17**: 647-675. <sup>4</sup> Arletti R, Benelli A, Cavazzuti E et al. *Psychopharmacol* 1999; **143**(1): 15-19. <sup>5</sup> American Herbal Pharmacopoeia. *Schisandra Berry – Schisandra chinensis: Analytical, Quality Control, and Therapeutic Monograph*. American Herbal Pharmacopoeia, Santa Cruz, October 1999. <sup>6</sup> American Herbal Pharmacopoeia. *St. John's Wort – Hypericum perforatum: Quality Control, Analytical and Therapeutic Monograph*. American Herbal Pharmacopoeia, Santa Cruz, July 1997. <sup>7</sup> Mills S. *The Dictionary of Modern Herbalism*. Thorsons, London, 1989. <sup>8</sup> British Herbal Medicine Association's Scientific Committee. *British Herbal Pharmacopoeia*. B.H.M.A., Bournemouth, 1983. <sup>9</sup> Bensky D, Clavey S, Stoger E. *Chinese Herbal Medicine: Materia Medica*, 3rd Edn. Eastland Press, Seattle, 2004. <sup>10</sup> World Health Organization. *Medicinal Plants in China*. WHO Regional Office for the Western Pacific, Manila, 1989. <sup>11</sup> Linde K, Mulrow CD, Berner M et al. *Cochrane Database Syst Rev* 2005; (2): CD000448. <sup>12</sup> Hicks SM, Walker AF, Gallagher J et al. *J Altern Complement Med* 2004; **10**(6): 925-932. <sup>13</sup> Volz HP, Murck H, Kasper S et al. *Psychopharmacol* 2002; **164**(3): 294-300. <sup>14</sup> Stevinson C, Dixon M, Ernst E. *Phytomedicine* 1998; **5**(6): 443-447. <sup>15</sup> Wolfson P, Hoffmann DL. *Altern Ther Health Med* 2003; **9**(2): 74-78. <sup>16</sup> Holmes P. *The Energetics of Western Herbs: Treatment Strategies Integrating Western and Oriental Herbal Medicine*, Vol 2, Revised 3rd Edn. Snow Lotus Press, Boulder, 1998. <sup>17</sup> Finch J, Sasse A, Martin M et al. *Sleep* 2001; **24**(Suppl): A171 (Abstract No. 287.C). <sup>18</sup> Osol A, Farrar GE et al. *The Dispensatory of the United States of America*, 24th Edn. Lippincott, Philadelphia, 1947. <sup>19</sup> Steven Dentali, American Herbal Products Association. *NCAC-SOT Fall Symposium: Toxicology of Dietary Supplements. The Industry Perspective*, National Library of Medicine, Bethesda, 2 November 2004. <sup>20</sup> Lehmann R, Penman K, Leach D et al. International Congress and 48th Annual Meeting of the Society for Medicinal Plant Research. *6th International Congress on Ethnopharmacology of the International Society for Ethnopharmacology*, September 3-7, 2000, P1E/11. <sup>21</sup> Galner S, Batcha LL, Bergeron C et al. International Congress and 48th Annual Meeting of the Society for Medicinal Plant Research. *6th International Congress on Ethnopharmacology of the International Society for Ethnopharmacology*, September 3-7, 2000, P1E/08. <sup>22</sup> Snow V, Lascher S, Mottur-Pilson C. *Ann Intern Med* 2000; **132**(9): 738-742. <sup>23</sup> Williams FB, Sander LC, Wise SA et al. *J Chromatogr A* 2006; **1115**(1-2): 93-102. <sup>24</sup> Shah AK, Avery BA, Wyandt CM. *Drug Dev Ind Pharm* 2005; **31**(9): 907-916.



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## Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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