

# Avena Sativa (Herbal Extract)



## Recommended Use:

- Nervousness
- Restlessness
- Hyperactivity
- Insomnia
- Depression
- Palpitations
- Hypochondria
- Hysteria

Avena Sativa calms the central nervous system and nerve conduction by restraining the antagonistic sections and regulates circulatory conditions by influencing the vasomotor system. Avena Sativa is one of the N-agents, which are formulated for nervous complaints and are known to have an effect on disorders of the autonomic nervous system, both sympathetic and parasympathetic.

In cases of hyperexcitability due to stress, Avena Sativa may be used as an adjuvant for treatment of an overactive nervous system. Such individuals are usually sensitive to all stimuli. Avena Sativa may be used as an adjunct to assist the body and mind to handle stressful situations more easily.

## Recommended Dosage:

Adults (and children over 10 years): Take 30 drops in water three to five times

daily or as needed. As a sleeping aid, take 40 to 60 drops or up to one teaspoon in water before bed time or as directed by a health care practitioner.

## Caution/warnings:

Consult a health care practitioner if symptoms persist or worsen. Consumption with alcohol, other medications and/or natural health products with sedative properties is not recommended. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family. Hypersensitivity/allergy (Mugwort) is known to occur, in which case, discontinue use.

## Contraindications:

Do not use if pregnant or breast feeding. Consult a health care practitioner prior to use if you have depression and/or related diseases.

## Clinical Pearls:

Clinical experience shows that taking Avena Sativa will calm the nerves within 20 minutes. It works to calm a spasmodic cough in cases of colds and works well to calm down the body and mind when taken 30 minutes before bed, especially in children. Avena Sativa may be used for children who are sensitive to stimuli and exhibit this through bedwetting or hyperactivity.

Avena Sativa does not cause drowsiness or dizziness at the recommended dosage.

For anxiety and restlessness caused by thyroid conditions, combine 30 drops of Avena Sativa with 5 to 10 drops of Lycopodium in water and take three to four times daily.



### Medicinal Ingredients: Each 100 ml contains:

Primula veris (Cowslip) . . . . .	3.1 ml
Anethum graveolens (Dill) . . . . .	3.1 ml
Humulus lupulus (Hops) . . . . .	29.4 ml
Melissa officinalis (Lemon balm) . . . . .	3.1 ml
Artemisia vulgaris (Mugwort) . . . . .	33.3 ml
Avena sativa (Oat) . . . . .	7.7 ml
Mentha piperita (Peppermint) . . . . .	3.1 ml
Anemone pulsatilla (Pulsatilla) . . . . .	7.7 ml
Hypericum perforatum (St. John's Wort) . . . . .	3.1 ml
Valeriana officinalis (Valerian) . . . . .	3.1 ml
Verbena officinalis (Vervain) . . . . .	3.1 ml

### Non-Medicinal Ingredients: Water, ethanol.

NPN 80033488 • 50 ml

To calm the cough reflex, combine 30 drops of Avena Sativa with 30 drops of Broncha three times daily.

Refer to female conditions, endocrine, gastro-intestinal, lung and bronchial, cardiac risk prevention, and natural remedies in dentistry protocols for more details.

**Ingredients:****Uses:**

Cowslip

For catarrh of the respiratory tract, insomnia, anxiety. It is used as a nerve tonic for shaking limbs, headaches and neuralgia. Also as a sedative, antispasmodic agent, and to strengthen the nerves and the brain, and relieving restlessness and insomnia.

Dill

For dyspepsia.

Hops

Sedative; relief tension.

Lemon balm

Increase deep sleep stages 3 and 4. It has a significant sedative effect. Nervous sleeping disorders and functional gastrointestinal complaints and for nervous disorders of sleep and of the gastrointestinal tract.

Mugwort

Trigger appetite; relieve flatulence and feelings of distension; or treat dysmenorrhea.

**Ingredients:****Uses:**

Oat

Maintenance therapy in ulcerative colitis.

Peppermint

Digestive aid, relief of flatulence and bloating due to excess gas production.

Pulsatilla

As an antispasmodic; sedative; CNS depressant; calming and sedative agent; relaxing nerve for use in nervous tensions and spasm; assist pain relieving.

St. John's Wort

Sedative for relief of restlessness or nervousness; helps to treat symptoms of sleep disorders.

Valerian

Sleep aid. Used as a mild sedative and sleep-promoting agent.

Vervain

For pain; cramps, fatigue, nervous disorders, digestive disorders.