



The Healing Sanctuary  
an affiliate of Mountain View Hospital

S U P P L E M E N T S

# Healing Nirvana

*Indicated for Mental Health*

**A special formulation of plant extracts and essential oils to provide optimal mental wellness. Each extract has mood stabilizing effects, helping with depression, anxiety, memory, and focus. In addition, the essential oils of lavender, petitgrain, and bergamot provide even more calming sensations.**

- *Stabilizes nervous system*
- *Reduces anxiety & depression*
- *Improves sleep*
- *Improves learning & memory*
- *Brings feeling of calmness*
- *Improves symptoms of PMS & PMDD*

## Suggested Use

Take 2 capsules 2-3 times per day or as directed by a qualified health professional.

**Quantity:** 120 Capsules.

## Other Ingredients

Lavender, Lemon Balm, Inositol, Petitgrain Oil, Bergamot Oil, Trace Minerals & Gelatin Capsule.



This Formula Includes:

### Lithium (Natural Mineral)



- May increase brain stem cells
- May help with mood disorders, bipolar, depression, dizziness, vertigo, & anxiety
- May decrease cognitive decline
- May remove muscle ticks
- Increases Vitamin B12 absorption
- Levels found to be low in Autism (deficient)
- May decrease suicide tendencies
- May increase serotonin and gap information

### Passionflower (Passiflora)



Can help with anxiety and sleep issues, pain, heart rhythm problems, menopausal symptoms and ADHD.

### Hawthorne (Crateagus oxycantha)



May improve blood pressure and blood fat levels, as well as treat heart failure when combined with standard medications.

### CA Poppy (Eschscholzia californica)



Known to have a calming effect. Can help promote relaxation, reduce mild pain, and enhance sleep.

*The ingredients in this product are supplied by the well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.*