



# Healing Nirvana

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

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. As a bonus, the addition of a compound called inositol sets *Healing Nirvana* apart from *Healing Calm*, another nervous system stabilizing supplement.

## Suggested Application

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

## Other Ingredients

Lemon Balm, Inositol, Citrus aurantium agara (Petitgrain) leaf oil, Citrus aurantium bergamia (Burgamot) fruit oil, trace mineral complex from sea water, 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 incarnata*)

May improve menopausal symptoms, PMS, insomnia, depression, anger, headaches, and help balance hormones. Also shown to aid in lowering blood pressure, reducing anxiety, addressing ADHD symptoms, reducing insulin levels, and lowering system-wide inflammation.



### Hawthorne (*Crateagus oxycantha*)

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



### California Poppy (*Eschscholtzia californica*)

Works gently to calm anxiety, reduce pain, and suppress muscle spasms and has special effects to help in every stage of life.



### Lavender Oil (*Lavandula angustifolia*)

Has a calming effect on the body, helps reduce inflammation, and relieve pain.

The ingredients in this product are supplied by 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.