

# **NERVOKLER®**

DIETARY SUPPLEMENT

A 100% natural product for the nervous system based on nature and science



# **NERVOKLER**®

100% natural and effective food supplement for the functioning of the nervous system in conditions of increased tension, for normal

psychological function and for the reduction of weakness and fatigue.

**Composition:** passionflower (*Passiflora incarnata L.*), L-theanine, magnesium and vitamin B6.

Audience: adults with neurosis, neurasthenia, anxiety, chronic fatigue, nervous system disorders, as well as adults exposed to long-term stressful situations.

Use 2 capsules before going to bed in cases where long-term stressful situations are expected (for example, exam session, annual report, project development) for the entire period or 30-60 min. before the expected stressful situation – unpleasant conversation, performance. etc. In an unexpected stressful situation use 1 or 2 capsules during or after a stressful situation. The package contains 60 capsules.

#### The recommended daily dose (2 capsules) contains:

- passionflower extract 100 mg (equivalent to 500 mg of crude plant);
- L-theanine 200 mg;magnesium 200 mg;vitamin B6 24 mg.

Product contains substances of natural origin only.

The capsule shell does not contain gelatine of animal origin.











DO NOT USE A FOOD SUPPLEMENT TO REPLACE COMPLETE AND **BALANCED NUTRITION!** 

Food supplement intended for adults. Do not use this food supplement if you are pregnant, breastfeeding or have hypersensitivity (allergy) to any of the ingredients. If you are taking any medication or are under the supervision of a physician, consult your physician or pharmacist before taking a food supplement.

The product is manufactured in Latvia in accordance with the quality and safety requirements of the European Union.

# **PASSIONFLOWER**

Passionflower (Passiflora incarnata L.) leaf extract is used to reduce anxiety, restlessness, insomnia and depressive conditions due to its sedative effect. 500 mg of passiflora per day provides a safe and effective sedative condition without impairing psychomotor functions. Vitexin, the active ingredient in passionflower, is an antioxidant that supports brain health, helps boost the immune system's response, supports normal blood sugar levels, helps maintain heart health, and can delay the ageing process. This is essential for people who are in stressful situations, because long-term stress weakens immunity, causes concentration disorders, affects the heartbeat and causes increased loss of skin elasticity.

2 capsules of NERVOKLER or a daily dose contains 100 mg of passionflower leaf extract with a concentration of 5:1, which corresponds to 500 mg of the crude plant.

# **MAGNESIUM**

provides two important functions in the brain: binds to calming receptors, creating a calmer state; helps regulate the over-release of stress hormones such as cortisol that occur due to chronic stress. Magnesium in this product in the form of buffered magnesium citrate (magnesium citrate and magnesium oxide) that provides a total of 67% more absorption of the basic magnesium in the body than the same amount of other forms of magnesium salts. This is important because the level of magnesium in the body is directly related to the level of stress, since both stress and reduced magnesium in the blood increase the negative effects of each other. In the case of insufficient magnesium, as a result of stress, a series of disorders develop in the body: light-sensitive headaches; widespread muscle and bone pain accompanied by fatigue, sleep and memory disorders, etc.; chronic fatigue syndrome; audiogenic stress; cold stress and physical stress.

### **HOW STRESS AFFECTS PEOPLE**



#### **BODY**

- Headaches
- Tight muscles
- Insomnia
- Skin problems
- Frequent illness

#### MIND

- Agitation
- Nightmares
- Loss of concentration
- Forgetfulness
- Negative thinking





### **EMOTIONS**

- Anger
- Chronic depression
- Uncertainty
- Apathy
- Anxiety
- Loneliness

#### **BEHAVIOUR**

- Restlessness
- Changes in appetite
- Alienation
- Alcohol consumption
- Increased smoking
- Aggression



L-THEANINE is a natural amino acid obtained from green tea leaves. It protects the body from stress

hormones that cause an imbalance in serotonin levels, so L-theanine maintains elevated levels of serotonin (the hormone of happiness) even in times of stress. It improves cognitive abilities, mood, strengthens the immune system. L-theanine is recommended for use in the case of intensive brain activity – when studying or when there is a busy work schedule. L-theanine also regulates high blood pressure, helping people maintain it at a healthy level in stressful situations. L-theanine does not cause daytime sleepiness, its use can be beneficial at any time of the day. Thanks to the enhanced effect of L-theanine on the alpha wave activity of the brain, a person will be both energetic and calm, and a person will not have excessive nervous excitement.

## VITAMIN B6

is a particularly important vitamin for mental health and brain function; it reduces cell death and protects against the harmful effects of psychological and biological stress. It helps reduce the symptoms of depression and anxietv. participates in the necessary for the normal functioning of the central and peripheral nervous system. Vitamin B6 can help improve cognitive function, which is important in stressful situations when there are difficulties concentrating. People with high concentrations of vitamin B6 have better memory. It plays a major role in the production of serotonin, the mood and happiness hormone.



**CLARIWELL** team chooses the raw materials of the product with the utmost responsibility. They have high bioavailability and efficiency. Vitamins and minerals of natural origin are used. Active substances of plant origin have been selected, taking into account their purity, form and standardisation, in order to provide the customers with the highest quality and the best possible solution.

### **CONTACTS:**

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