

# PROMEDICS BOTANICAL BOOTCAMP

## COGNITIVE & NERVOUS SYSTEM FUNCTION

INDICATION	PRODUCT	ADULT DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
ANXIETY, INSOMNIA, RESTLESSNESS	VALERIAN COMPLEX	1 tid	1 mos min	Caution with other CNS sedatives or operating heavy machinery
DEPRESSION, PMDD, ANXIETY	ST JOHN'S WORT & 1:2	1 tid - 2 bid (10.8ml - 14.4ml)	6 wks min for depression	CI - check interactions list (never give with MAOIs, SSRI, SNRI, OCPs)
INSOMNIA		1 tid (10.8ml)		
DEPRESSION, FATIGUE, ANXIETY, INSOMNIA	NEVATON	2 tabs in pm, 1 tab in am	6 wks min for depression	CI - Preg, check interactions list (never give with MAOIs, SSRI, SNRI, OCPs)
ANXIETY	KAVA	1 tab tid (max: 5/d)	As needed	CI - Liver disease, L-dopa or Parkinson's meds  Caution with CNS sedatives
INSOMNIA		2 - 3 tabs before bed		
DEPRESSION, FATIGUE, CONCENTRATION	RHODIOLA AND GINSENG	1 tid - 2 bid	4 - 6wks min	CI - bipolar, mania, MAOI  Caution with several drugs (check list)  Stop taking if get HA, anxiety or insomnia
ANXIETY, FATIGUE	WITHANIA COMPLEX & 2:1 LIQUID	2 bid (2ml)	4wks min	CI - hypertension, hypokalemia, bipolar, mania, MAOI  Caution with several drugs (check list)  Stop taking if get HA, anxiety or insomnia
CONCENTRATION, LONG-TERM MEMORY, MILD ANXIETY	BACOPA COMPLEX	2 bid	For duration of study / focus period	Caution - Figwort or mint family allergies  CI - Pregnancy
SHORT-TERM MEMORY, VERTIGO, ANTIOXIDANT	GINKGO	3 - 6 tabs	For study period	CI - Caution with several drugs (check list)
TINNITUS		3 tabs bid	1mo, then drop dose	
COGNITIVE DECLINE		2 - 4 tabs bid	3 - 6mo min	