

## PROMEDICS BOTANICAL BOOTCAMP MOOD, SLEEP & MEMORY

INDICATION	PRODUCT	DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
MILD TO MODERATE DEPRESSION, STRESS, ANXIETY, INSOMNIA	<b>ST JOHN'S WORT TABLET &amp; 1:2 LIQUID</b>	1 tab bid - 2 tabs bid (2-6 ml)	6 weeks for mood support	CI- drugs that use cytochrome P450 metabolism, SSRIs
STRESS, IRRITABILITY, DEPRESSION, MOOD SWINGS	<b>NEVATON FORTE</b>	1 tab tid - 2 tabs bid	6 weeks for full effect on mood	CI - drugs that use cytochrome P450 metabolism, SSRIs
STRESS LEADING TO INSOMNIA, TENSION HEADACHES, HOT FLASHES	<b>VALERIAN COMPLEX</b>	1 tab bid - 2 tabs bid	3wks min for insomnia	Caution - may increase the effects of CNS depressants or alcohol when taken together
ANXIETY, INSOMNIA, RESTLESSNESS	<b>KAVA FORTE</b>	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		
TENSION, SORE MUSCLES, SPASM, INSOMNIA	<b>ANCIENT MINERALS MAGNESIUM WITH MELATONIN</b>	1 pump applied to skin before bed	20 minutes	Caution - skin sensitivity for some individuals, start at 1/2 dose in beginning
CONCENTRATION, LONG-TERM MEMORY, MILD ANXIETY	<b>BACOPA COMPLEX</b>	2 bid	For duration of study/ focus period	Caution - Figwort or mint family allergies  CI - Pregnancy
SHORT-TERM MEMORY, VERTIGO, ANTIOXIDANT	<b>GINKGO FORTE</b>	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	
STRESS, NERVOUS TENSION, INSOMNIA, ANXIETY, OCD	<b>SANESCO'S TRANQUILENT</b>	1/2 to 8 tablets per day	Immediate	None known