

Nerve Tonic

Contents

Man Vine

Properties

Anti- anxiety, anti- depressant

Antispasmodic

Anti- stress

Anti- dyspeptic

For romantic loss, uncontrollable thoughts

Indications

Nervousness, teeth grinding

ADD in adults

Insomnia

Anxiety, stress, stress- related indigestion or gastritis

Nervous animals or those who have experienced recent traumas

Postpartum depression (mild)

Times of transition, such as menopause, moving, job loss, empty nest

Seasonal affective disorder (mild)

Heartache due to grief or loss

Dose

1- 5 years: 5 drops in half glass tepid water 3x daily

5- 10 years: 10 drops in half glass tepid water 3x daily

Young Adult: 15 drops in half glass tepid water 3x daily

Adult: 1 dropperful in a half glass tepid water 3x daily

Animals: 1 dropperful in drinking water or directly in mouth

For insomnia & teeth grinding, take 2 dropperfuls in half glass tepid water at bedtime; repeat if awake before dawn

Note

For acute or persistent symptoms, increase dosage frequency up to one per hour.

* * 1 dropperful means tincture bottle top, the glass piece, is full. If you're unable to get the glass piece full in one measure (which is common), allow glass piece to suck up as much liquid as possible then put contents in your cup of water and refill the glass piece of tincture to appropriate dose needed to equal 1 dropperful. * *

Side Effects

None known.

Contraindications

Not to be used in conjunction with antidepressant, mood- enhancing, antipsychotic, or anxiolytic medications, or antismoking medications

May result in increased anxiety with some individuals (rare)

Special Notes

Pregnancy: none known

If breast/chest feeding, observe infant's response. If rash, nausea, vomiting, or diarrhea develop, discontinue use.

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If at any time you've questions or concerns, please contact me via call, text, or email.

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If there's an *Emergency, please call 911.*

Rusty Moon Botanicals
Return to the Earth