

HerbaNerve

HerbaNerve helps to keep your horse calm and stress free without removing the edge required for a top class performance. The powerful formula assists in the maintenance of normal muscle and nerve function. Contains a range of nutrients which have a role in assisting the transmission of nerve impulses.

Depending on your horses requirements HerbaNerve can be used specifically for competitions or long term daily use without harmful side effects. The high quality formula contains Magnesium Tryptophan, Chamomile, Brewers Yeast and other proved herbal remedies.



ALL IN ONE GREAT PRODUCT DISSOLVE TENSION

Assists in keeping horses calm and stress free without sedating or interfering with top class performance.

Aids in the maintenance of normal muscle and nerve function.

Extremely safe for everyday use, or may be used short term as required.

DOSAGE RATES

300kg pony: 2g (1/2 spoon)

500kg horse: 2.5g (1/2 spoon)

600+ horse: 3g (1/2 spoon)

Can be doubled prior for an event and administered 2 days before and on the morning of the event.



PASSIONFLOWER

Great for the restless horse where they pace the fence line, very common in mares.

HOPS

Relaxes muscles aches and pains, calming, mild sedative, nervine, helps when there are mood disturbance as well as sleep disturbances.

CHAMOMILE

Works well with horses with digestive disturbances, loose stools, skin allergies, spasmodic colic, respiratory distress, new experiences such as events, travelling and soothes the nervous system.

SACCHAROMYCES CEREVISIAE

Works well with anxious horses, supports digestion, rich in B vitamins, immune boosting and horses in hard work.

TISSUE SALTS

Biochemical tissue salts, or cell salts, are mineral salts that exist in the cells and play a critical role in cellular metabolism.

Can assist with conditions:

- Skin lumps bumps and hives
- Reactive to touch, smell, sound and light
- Fence pacing
- Recovery from illness
- Low energy horses
- Adrenaline horses with tight muscles
- Travelling and change of scenery
- Change of paddocks or paddock pals
- Showing, eventing and competition

HI FORM

HerbaNerve

MINERAL TISSUE SALTS		
Trimagnesium Phosphate	228	g/kg
VITAMINS		
Vitamin B1 (Thiamine)	104	g/kg
Vitamin B3 (Niacin)	78	g/kg
Vitamin B6 (Pyridoxine)	34	g/kg
AMINO ACIDS		
L-Tryptophan	45	g/kg
KEY INGREDIENTS		
Passiflora incarnate (Passionflower) Powder 10:1 extract Humulus lupulus (Hops) Powder 10:1 extract Chamaemelum nobile (Chamomile) extract 6:1 Saccharomyces cerevisiae (Brewer's Yeast)		



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NERVOUSNESS

SYMPTOMS OF NERVOUSNESS

- Tight muscles
- Elevated heart rate
- Loose manure
- Skin reactions
- Physical energy
- Not breathing correctly
- Reactions to sight and sounds

CAUSES OF NERVOUSNESS

Nervousness can be from numerous things such as travelling, events, change of environment, separation anxiety from moving another horse away, changes in diet, nervous riders or owners, pain or something happening right in front of them.

DIAGNOSIS OF NERVOUSNESS

You will see a difference in manner, they might show signs of sweating, diarrhoea, pacing, weight loss and you can visually see that your horse is nervous. If your horse suffers from nervousness there may also be internal issues such as gastric ulcers in the gut

TREATMENT OF NERVOUSNESS

** Please note: These types of horses should be on a low carbohydrate diet as a diet high in sugars/energy will increase the risk of tension and will not allow the products to work effectively.

NB: always rule out the possibility of pain or hormonal issues as this can cause tension in horses.

PRODUCT & DOSE RATE

HerbaNerve at a dose rate of 2.5 grams per day. Increase the dose rate to 5 grams on the 2-3 days prior to the event or race and on the morning of the event or race



References

Magnesium is absorbed throughout the length of the small intestine at an average efficiency of 35% to 40%. The rate of absorption is directly related to the level of dietary intake, rather than being regulated by body magnesium status. If dietary intake of magnesium is high, then absorption efficiency will be lower, and conversely, if dietary intake is low, absorption will be greater. Magnesium and Phosphate are required in all reactions involving energy production such as the synthesis of metabolically important compounds, absorption and transportation of nutrients and any nerve or muscle activity. Magnesium is a known activator of phosphate in nucleic acids, intracellular molecules and phospholipids. These formulas also contain a broad spectrum of trace elements and Vitamin B1, which is essential for the central nervous system. Hi Form Herba Nerve contains the amino acid L-Tryptophan. It has been found through studies with both animals and humans that L-Tryptophan administered any time of the day is an effective hypnotic. Further more it has been found that it significantly reduces the amount of time it takes to fall asleep without affecting the various stages of sleep. Finally it has been found that L-Tryptophan produces a more relaxed waking state. L-Tryptophan effects neurotransmitter function and is converted to 5-hydroxyl-tryptophan by tryptophan hydroxylase, this in turn, converts to serotonin. Anxiety, tension, depression may have a direct link to a lack of serotonin to the brain. L-Tryptophan is joined by the compatible vitamins, B6 (essential for tryptophan conversion) and B3, (which help to stimulate serotonin release from the brain) due to the presence of these constituents.

Serotonin has been widely promoted as a sleep inducing agent. Its precursor tryptophan was researched in this regard by Dr. E. Hartmann of Boston State Hospital. He reported, 'In our studies we found that a dose of one gram of tryptophan will cut down the time it takes to fall asleep from twenty to ten minutes. Its great advantage is that not only do you get to sleep sooner, but you do so without distortions in sleep patterns that are produced by most sleeping pills'.

Goldberg and Kauffman state that they replicated Hartmann's results and found that tryptophan did not in any way depress the central nervous system but 'simply allowed' the body to do what it normally does under ideal conditions.

McSweeney reported that a daily intake of 3 grams of tryptophan, with 1g of nicotinamide was superior to unilateral ECT administered twice weekly when treating unipolar depression. It is also important to note that vitamin B6 is essential for the conversion of tryptophan. Hi Form Herba Nerve becomes, a strong, safe and effective formula. References: Scientific American, April 1982, pp50-58 Lancet, 1 May 1983, pp1145. American J. of Clinical Nutrition Vol.34, No. 10, p2045, 1982 Journal of Nutrition, No.112, p2001, 1982 Reviews of Clinical Nutrition, Vol 53, No.3, p169. Physiology and Behaviour, No. 29, p779, 1982 Passwater, R., Super Nutrition, Pocket Book, 1976 Mindell, Earl Tryptophan, 1981

Wien Med Wochenschr. 2002;152(15-16):404-6. [Passion Flower (*Passiflora incarnata* L.)--a reliable herbal sedative]. [Article in German] Krenn LI. Author information Abstract

Extracts and fluid extracts from the aerial parts from *Passiflora incarnata* L. are widely used as components of herbal sedatives. Many pharmacological investigations confirm the sedative effects of *Passiflorae herba*. From some of the studies also anxiolytic effects can be deduced. As Passionflower is mainly used in combinations, clinical studies of the single drug are not available. Based on pharmacological data, the experiences of traditional use and the use in combinations *Passiflora* extracts are an important factor in the phytotherapy of tenseness, restlessness and irritability with difficulty in falling asleep.

J Nat Prod. 2014 Mar 28;77(3):509-15. doi: 10.1021/np400780n. Epub 2014 Jan 28. Octulosonic acid derivatives from Roman chamomile (*Chamaemelum nobile*) with activities against inflammation and metabolic disorder. Zhao JI, Khan SI, Wang M, Vasquez Y, Yang MH, Avula B, Wang YH, Avonto C, Smillie TJ, Khan IA. Author information

Abstract

Six new octulosonic acid derivatives (1-6) were isolated from the flower heads of Roman chamomile (*Chamaemelum nobile*). Their structures were elucidated by means of spectroscopic interpretation. The biological activity of the isolated compounds was evaluated toward multiple targets related to inflammation and metabolic disorder such as NAG-1, NF- κ B, iNOS, ROS, PPAR α , PPAR γ , and LXR. Similar to the action of NSAIDs, all the six compounds (1-6) increased NAG-1 activity 2-3-fold. They also decreased cellular oxidative stress by inhibiting ROS generation. Compounds 3, 5, and 6 activated PPAR γ 1.6-2.1-fold, while PPAR α was activated 1.4-fold by compounds 5 and 6 only. None of the compounds showed significant activity against iNOS or NF- κ B. This is the first report of biological activity of octulosonic acid derivatives toward multiple pathways related to inflammation and metabolic disorder. The reported anti-inflammatory, hypoglycemic, antiedemic, and antioxidant activities of Roman chamomile could be partly explained as due to the presence of these constituents.