

Product Information Sheet

Purple Cushhh Nervous System Support

50ml

Assists with Calms and strengthens the central nervous system, Supports anxiety, tension and irritability, Relives Palpitations, Relaxing the heart

Ingredients

Ashwagandha, Passion Flower, Lemon Balm, Rosemary,
Alcohol 23% v/v

The Central Nervous System, which consists of the brain and spinal cord, is the most important control system in the human body. It is through the nervous system that we communicate with the outside world and, at the same time, many mechanisms inside our bodies are controlled. The nervous system has a role in virtually every aspect of our health and wellbeing. The nervous system takes in information through our senses, processes the information received and triggers reactions, eg. increase in heart rate and breathing. Stressful life situations such as intense, excessive and continuous worry about work or finances may trigger anxiety. The body's physical reaction to the anxiety experienced will be increased heart rate or palpitations (abnormally fast and irregular beating of the heart), rapid breathing, sweating and a feeling of being tired.

Nervous system Support is a Phytotherapeutic (treating and preventing of disease using plants and plant extracts) Supplement.

The ingredient **Ashwagandha** has multiple health benefits, such reducing anxiety and stress and fighting depression. Ashwagandha also stimulates the body's capacity to heal nervous system damage and improve communication between nerve cells.

Research has shown that **Passion Flower**, due to its anxiety-calming (anxiolytic) effect helps to relieve anxiety symptoms.

Lemon Balm has an antidepressant effect on the brain. Research has shown that Lemon Balm increases calmness and alertness in a person who is under mental stress. High levels of cortisol (stress hormone) in the blood are caused by stress and anxiety.

Rosemary can lower levels of the cortisol in the blood thus relieving the body's reaction to the stress. Due to its uplifting effect it will also stimulate the mind and improve symptoms of depression. Rosemary also helps to improve blood circulation and boost the immune system due to its rich source of antioxidant (prevent or slow down damage to cells in the body) and anti-inflammatory (fighting infection) properties

