



NATURE'S SUNSHINE

Nerve Control

GOOD FOR

Nervous System

Muscles

SIZE **100 Capsules**

ITEM # **1242**

SERVING **2**

SUPPLY **25 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

Nerve Control brings together time-honored herbs that have been used for generations to help the body handle stress, support a calm and balanced mood, and promote restful sleep — all working gently together so you can feel more at ease every day.

Valerian Root — Valerian has been used since ancient Greece to ease nervousness and restlessness. Research shows it supports sleep quality and helps the body wind down after a stressful day. Studies suggest it works by helping the brain's natural calming chemistry, making it one of the most trusted herbs for relaxation and a quieter mind.

Passionflower — Passionflower is a beautiful native vine with a long history of calming the nervous system. Clinical trials have found it comparable to a prescription anti-anxiety medication for general anxiety, with fewer unwanted effects. It's also been studied to help ease the mental discomfort that can come with withdrawal from habits, making it a gentle but meaningful ally for emotional balance.

Black Cohosh — Black cohosh is a North American plant long used by Native Americans for comfort and wellbeing. Modern research shows it can meaningfully reduce anxiety, hot flashes, and mood shifts — particularly for women going through hormonal changes. Studies also point to a positive effect on bone-formation markers, suggesting it supports more than just mood.

Hops — Best known as a brewing ingredient, the hops flower has a well-documented calming side. Traditionally paired with valerian, hops is used in European herbal medicine to ease restlessness and support healthy sleep. It also contains natural antioxidant compounds that help protect the body's cells, and early research suggests it may support healthy blood sugar levels.

Catnip — Catnip — yes, the same herb that delights cats — has a long folk-medicine history as a gentle nerve tonic for people. Belonging to the mint family, it has traditionally been used to ease tension, soothe an unsettled stomach, and help the body relax. Its mild, calming character makes it a supportive background herb in a nerve-focused formula like this one.

Wood Betony — Wood betony is a European mint-family herb with centuries of traditional use as a remedy for nervous tension, headaches, and digestive upset. Herbalists have long valued it as a stomachic and antispasmodic — meaning it helps calm both the mind and an irritated gut. Laboratory studies have also identified strong antioxidant activity in its plant compounds, adding a modern layer to its traditional reputation.

Capsicum — Capsicum — the plant behind chili peppers — brings a warming, circulation-supporting energy to this formula. Research shows its active compounds help the body manage discomfort signals over time through a natural desensitizing effect. It also provides vitamins C and E along with carotenoids, giving the formula a meaningful antioxidant boost from a whole-food source.

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