

Why Calming Nerves?

Calming Nerves is developed to change the fight and flight pathway in the body, to relax the whole nervous system & repair the pathways.

Since everybody is nowadays 24 hours bombarded with wireless technology which makes our nervous system overloaded and produce toxins in the synapses which limits the signal transfers & causes disturbances.

Disturbances like fatigue, depressive tendencies, concentration difficulties, cardiovascular problems, increase level of stress hormones; dopamine levels substantially decreased; higher levels of adrenaline producing chronic physiological stress in cells.

(Source: Neuroscience letter 275(3):207-210 and Buchner K.Eger-long term study under real-life conditions Medizin-Gesellschaft 24(1):44-57)



How does Calming Nerves work?

Thanks to the synergy between amino acids, enzymes, root vegetables, and the resulting vitamins, minerals, and bioactive compounds, the body can immediately metabolise the supplement as if it were consuming *whole food*. All ingredients are carefully balanced to ensure high bioavailability and, consequently, rapid results.

Effects of Calming Nerves:

Calming Nerves helps relieve anxiety and depression by reducing stress hormone cortisol, by enhancing GABA and Serotonin receptors in the brain. It regenerates axons, dendrites and synapses and restores the neural network for stress, memory, cognition and learning.

Choline is the nutrient essential for proper nerve function, for brain function, liver health, and vital cell membranes, which is why Calming Nerves is designed to restore the balance during periods of prolonged stress and in cases of sensitivity to radiation exposure.

Choline is one of the few organic compounds *capable of crossing the blood-brain barrier* and is a component of cell membranes involved in signal transmission in the brain(precursor of acetylcholine). Choline and the neurotransmitter dopamine work closely together; an imbalance between them can cause feelings of restlessness and tremors. Calming Nerves helps not only with mood swings, depression, and / of anxiety/panic attacks, but also with restless legs and the early symptoms of Parkinson's disease.

Calming Nerves quickly induces a sense of calm and helps quiet the mind.

Intake suggestion for an Adult (>12yrs):

Shake the bottle thoroughly. Take 2x daily 5ml in glass of filtered water and afterwards immediately drink another half glass of water afterwards to increase the detox capacity.

For extreme situation people can take for a few days: 5x daily after which they return to a few days 3x daily after some days to the maintenance dose of 2x daily.

Calming Nerves can be used together with [Deep Sleep](#).

In some cases it can be used also for children if needed. We suggest in this case consultation with the Support Team.

Energy Exchange: 250ml € 59,-

Private initiative. See the notice at forever-vital.com

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