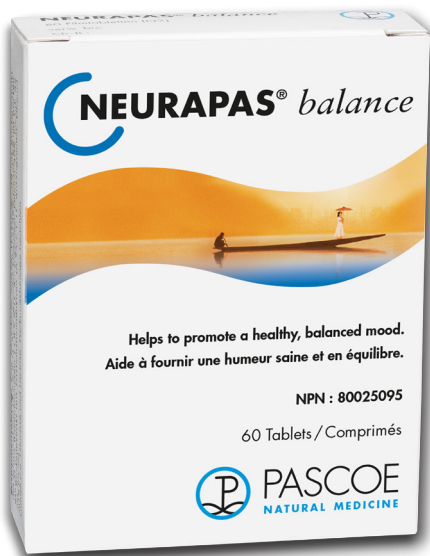


*Promote a healthy & balanced mood*



**NEURAPAS®** *balance*

- **Unique triple combination**
- **Fast onset of action**
- **High patient compliance**

 **PASCOE**  
NATURAL MEDICINE

[www.pascoe.ca](http://www.pascoe.ca)

# Product Information



NPN: 80025095

## Each tablet contains:

Dry extract (4.6-6.5:1) St. John's wort	60mg
Dry extract (3.8-5.6:1) valerian root	28mg
Dry extract (6.25-7.1:1) passionflower	32mg

## Dosage:

Adults and children >12 years: 2 tablets 2-3 times daily. Children (6-12): 1 tablet 1-3 times daily. Tablets should be swallowed whole with a little water.

## Detailed Information:

NEURAPAS® balance contains a combination of ingredients which work synergistically to balance mood and sleep disturbances. Each ingredient is well-known and has years of research supporting its individual effectiveness. St. John's wort is important for its usefulness in depression; passionflower for anxiety; valerian for sleep. However, the dose of St. John's wort in NEURAPAS® balance is much lower than generally required for clinical efficacy. Studies have proven that the special passionflower contained in NEURAPAS® balance has a specific synergistic effect on St. John's wort, increasing the efficacy of St. John's wort on serotonin while allowing the dose to be below the levels of known side effects<sup>(1)</sup>.

Several clinical studies have shown that NEURAPAS® balance has a clinically significant antidepressant effect<sup>(2,3)</sup>. In addition, because of the unique synergy allowing for small amounts of St. John's wort, NEURAPAS® balance has been shown to have no effect on liver enzymes at therapeutic doses<sup>(4)</sup>. Therefore the concern for side effects traditionally observed with St. John's wort is not a problem.

In the treatment of mild to moderate depression, NEURAPAS® balance has been shown to have a statistically-significant effect after only two weeks of treatment compared with placebo, as measured by the Hamilton Depression Scale<sup>(2)</sup>. This fast-acting relief is likely due to its effects on easing anxiety and promoting healthier sleep. Change in brain activity is already demonstrated 3-4 hours after taking 6 tablets of NEURAPAS® balance<sup>(5)</sup>.

NEURAPAS® balance has also been shown to have a direct effect on sleep patterns, positively normalizing sleep EEGs and reducing objectively-measured duration of wake-time at night after only two days<sup>(6)</sup>.

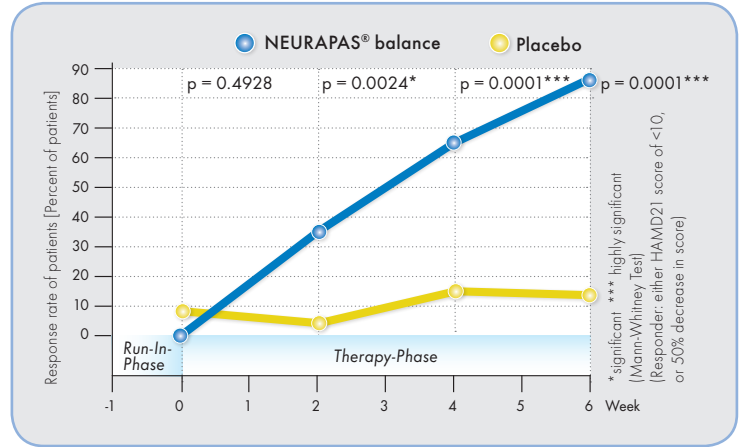


Figure 1: Effect of NEURAPAS® balance on HAMD scores versus placebo<sup>(2)</sup>

In children aged 6-12 years, NEURAPAS® balance had a significant effect at reducing symptoms of attention deficit, social withdrawal, sleeping issues, anxiety and depression<sup>(7)</sup>. It also had a positive impact on physical problems which may be linked to the other conditions.

To date, NEURAPAS® balance has been found in vitro to have effects on:

- Serotonin → suggesting an antidepressant effect
- Dopamine → suggesting an antidepressant and mood balancing effect
- GABA → suggesting an anxiolytic effect
- Noradrenaline → suggesting a calming effect
- Melatonin → suggesting a regulating effect

Clearly, this well-balanced combination of St. John's wort, passionflower and valerian has a very positive effect on balancing and regulating mood.

For more information and full studies, visit our website.

## References:

1. Fiebich et al. (2011) Pharmacological studies in an herbal drug combination of St. John's wort (*Hypericum perforatum*) and passion flower (*Passiflora incarnata*): In vitro and in vivo evidence of synergy between *Hypericum* and *Passiflora* in antidepressant pharmacological models. *Fitotherapia* 82: 474-480.
2. Urlea-Schön et al. (2003) Efficacy of a triple herbal preparation in mild depressive disorders: results of a randomised placebo-controlled trial. *Focus Compl. Alt. Therp.*
3. Krick (2005) unpublished.
4. Pascoe Naturmedizin (2004) Neurapas: Measurement of cytochrome P450 induction on enzyme activity level in cryopreserved, plated human hepatocytes. T-08-2004.
5. Dimpfel et al. (2011) Early effect of NEURAPAS® balance on current source density (CSD) of human EEG. *BMC Psychiatry* 11: 123-137.
6. McGregor et al. (2006) Triple combination in NEURAPAS® balance demonstrates a unique effect on sleep EEGs. *Acta Biologica* 1:3-14.
7. Trompeter et al. (2013) Herbal triplet in treatment of nervous agitation in children. *Wien Med Wochenschr* 163:52-57.