

# Passion Flower

100 capsules, Single herb, Stock No. 500-3

**P**assion flower is well known for its support to the nervous system.

Contemporary herbalists recommend passion flower primarily as a tranquilizer and sedative.

It is one of nature's best tranquilizers, if not the best.

## *Did you know?*

Spanish Christian missionaries thought passion flower resembled the crown of thorns and named it after the Passion of the Cross. Some misinformed herbalists recommended passion flower tea as an aphrodisiac, mistaking the Passion of the Cross for another kind of passion. This herb has no sex-stimulant effect.

## *NSP Advantage*

100 capsules. Single herb.

*Ingredients:* 360 mg of the finest passion flower (*Passiflora incarnata*) herb, magnesium stearate, silicon dioxide.

Passion flower contains naturally-occurring amounts of chromium, magnesium, niacin, phosphorus, and potassium.

*Recommendation:* Take one capsule with a meal twice daily.

## Features & Benefits

- Passion flower is a traditional herbal sedative that induces relaxation.
- Promotes sleep normally, providing easy, light breathing.
- May help relieve headaches due to nervous tension.
- Relaxes the smooth muscle lining of the digestive tract.
- Relieves muscle tension and other manifestations of extreme anxiety.
- May help treat anxiety, stress and insomnia.