Nerve Support

A blend of herbs traditionally used to nourish and calm the nervous system.

This Herbal Combination



Skullcap Herb (Pacific) — naturally calming for those who are troubled by worry or emotional distress.



Oat Seed (Pacific) — a source of organic calcium that the body can easily assimilate and use to supply the nervous system's calcium needs.



St. John's Wort Flower — a valuable nervine herb, traditionally used to support and soothe the nerves.



Celery Seed — traditionally regarded as healing to the nerves.



Black Cohosh Root (Pacific) — traditionally used for its antispasmodic properties.



Gingko Leaf — traditionally used to increase blood flow to the brain, supporting healthy brain activity.

How It Works

This is a nourishing, calming combination for the nervous system, bringing together Skullcap and Oat Seed as its base, St. John's Wort and Celery Seed to soothe the nerves, Black Cohosh for its antispasmodic support, and Gingko Leaf to support healthy blood flow to the brain.

Suggested Use

2 to 4 dropperfuls, 3 to 5 times a day. As with any herbal tonic, use your own best judgment — this is an herb, not a drug.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Feeding and Rebuilding the Nerves" at www.daradietz.me.