



▼ **INGREDIENTS**

Supplement Facts		
Serving Size: 2 capsules		
Amount Per Serving		% Daily Value
Calcium (Malate)	10 mg	1%
Vitamin B3 (Niacin)	9 mg	45%
Proprietary Blend	745 mg *	

Tayuya (Root); Blue Vervain (Herb); Valerian Root (Extract); Senna (Leaves); L-Methionine; Kola Nuts; Passion Flowers; Saw Palmetto (Herb); Sete Sangrias (Herb); Yarrow (Flowers); Pulsatilla (Herb); Mandrake (Root); Mormon Tea (Herb); Stone (Root); L-Tyrosine; L-Tryptophan; Lobelia (Herb)

* Daily Value is not established.

Other Ingredients: Dextrose, Cellulose and Leucine

▼ **DOSAGE**

- 1-3 capsules, twice a day, for 1-6 months, or as directed.
- Concentrated extract, CXN3 (Relaxa): 4-5 drops twice a day.

▼ **PACKAGING**

- 60 capsules/eco-bottle.
- Concentrated extract CXN3 (Relaxa): 1/2 oz. glass bottle with dropper.

▼ **PERSPECTIVE**

A hallmark of the 21st Century is an unprecedented, unique kind of nerve stress based on the fast pace of life and need to multi-task to coordinate all the activities of the day. Soothing nerve support is based on nutrients that help normal nerve processes perform with ease.

▼ **LIFESTYLE**



#75 N3 (Relaxa)

#2075 CXN3 (Relaxa)

A general nerve formula for overall nerve support. Designed to make soothing, supportive nutrients available to a broad range of nerve processes including normal pain relief mechanisms, sleep pathways, and stress support.

▼ **INDICATIONS**

- Calming Nerve Support – whole body
- Pain Process Support
- Rest and Sleep Support
- Adjunct to brain and nerve support programs
- Adjunct to adrenal programs
- Stress support
- Nutrients to support normal nerve processes

▼ **KEY COMPONENTS**

- **Tayuya** – A rain forest botanical listed in the *Brazilian Pharmacopoeia* as beneficial for normal nerve support.
- **L-Methionine** – A sulfurous amino acid essential for synthesis of L-Cysteine and L-Taurine and influences many metabolic processes via choline, melatonin, homocysteine, SAMe, and direct nerve support.
- **L-Tryptophan** – An essential amino acid that directly helps relieve stress, promotes sleep, and serves as a precursor to the anti-stress/anti-anxiety neurotransmitters serotonin and melatonin.
- **L-Tyrosine** – An amino acid associated with nerve support and nervous tension relief. A precursor to neurotransmitters that regulate both the sympathetic and parasympathetic nervous systems.
- **Blue Vervain** – A nerve botanical, cited to help normal regulation of muscle tension, cramps, neurotransmitter processes, and restful sleep.
- **Valerian** – A classic nervine botanical cited to help soothe the nerves, and promotes restful sleep. Supports the central nervous system.
- **Sete Sangrias** – Brazilian herb, Doc Wheelwright used it as a balancing factor for herbs and minerals.
- **Niacin** – Vitamin B₃ is well known to support the central nervous system, support the body's management of anxiety and depression, and soothe feelings of disquiet.
- **Mandrake** – Considered an antispasmodic category herb in herbal texts. Supports effective immune processes. Helps the body's "relaxation" efforts required for repair and rebuilding processes. Small amounts enhance other nerve botanicals' performance.
- **Yarrow Flowers** – Historically used to promote restful sleep, soothe frayed nerves, and help the body relax and manage neurotransmitter processes.
- **Stone Root** – Colinsonia is often used by herbalists for kidney support, but it also has a well-established history as nerve support – especially for the Vagus nerve.

- **Pulsatilla** – Helps the body manage nervous tension. Tonic for overused nerves and stress. Helps normal processes that restore frayed, overused nerves. Often used for nervous exhaustion to support the body's normal, healthy nerve activities.

▼ **CONTRAINDICATIONS**

None known. While containing a number of therapeutic botanicals, Doc Wheelwright taught that combined herbal formula nutrients work synergistically deriving the most benefit from small amounts of ingredients that enhance and support each other to gain beneficial impact.

▼ **CLINICIAN CONSENSUS**

- General Stress Support:
#75 N₃ - Relaxa
#406 CALM - Stress Relief & Mood Support
#31 Ga - Adrenal
#870/871, #872 Spectra One & Two - Herbal Whole Food Cellular Multi-Vitamin/Mineral/Oil
#854 Neurosyn - Neuro-Cognitive & Memory Support

▼ **BACKGROUND**

This formula started with Doc Wheelwright's research for botanical and nutritional solutions for pain, frayed nerves, and difficulty sleeping. At that time, the formula was called "N₂." Then, driven by Nutrition's competition to new prescription anti-anxiety drugs entering the marketplace, and a contaminated batch of the amino acid L-Tryptophan in Japan, the USA temporarily banned one of N₂'s ingredients, the valuable and necessary amino acid L-Tryptophan. Stu Wheelwright redesigned the formula and thus created N₃ without tryptophan. After a few years, L-Tryptophan was exonerated and put back on the market, and so it is now re-included in this botanically-based N₃ formula returning it to its original design.

▼ **SYNERGISTIC CONSIDERATIONS**

- **#406 CALM** - Stress Relief & Mood Support
- **#74 N** - Nerve
- **#427 DRèM** - Sleep Aid
- **#460 KYRO** - Muscle/Tissue/Ligament
- **#880/881, #882 VISTA** One & Two - Membrane Regeneration
- **#870/871, #872** Spectra One & Two - Herbal Whole Food Cellular Multi-Vitamin/Mineral/Oil
- **#12 B** - Brain
- **#850 MoRS** - Methylation Donor
- **#184 ROX** - Super Antioxidant
- **#50 I** - Eyes

▼ **INFORMATION RESOURCES**

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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