

**BHI CALMING- matricaria recutita, arabica coffee bean, hops, strychnos ignatii seed, moschus moschiferus musk sac resin, strychnos nux-vomica seed, passiflora incarnata flowering top, sulfur, valerian, and veratrum album root tablet**  
**MediNatura Inc**

*Disclaimer: This homeopathic product has not been evaluated by the Food and Drug Administration for safety or efficacy. FDA is not aware of scientific evidence to support homeopathy as effective.*

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**BHI Calming Tablet**

**ACTIVE INGREDIENT**

**Each tablet contains:** \*Chamomilla 2X, \*Coffea cruda 10X, \*Humulus lupulus 2X, \*Ignatia amara 8X, \*Moschus 10X, \*Nux vomica 30X, \*Passiflora incarnata 2X, \*Sulphur 12X, \*Valeriana officinalis 2X, \*Veratrum album 4X 30 mg each.

**\*Natural Ingredients**

**INACTIVE INGREDIENTS**

Inactive Ingredients: \*\*Dextrose, \*\* Lactose, Magnesium Stearate, \*\*Maltodextrin  
\*\*contains one or more of these ingredients.

**PURPOSE**

**Calming Tablets**

**Relieves:**

- Nervous Tension
- Irritability
- Sleeplessness

**USES**

For the temporary relief of minor occasional simple nervous tension and irritability to help occasional sleeplessness

**DIRECTIONS**

**At first sign of symptoms: Adults and children 12 years and older:**

1 tablet every 1/2 to 1 hour until symptoms lessen, then continue with standard dosage.

**Standard dosage:** Adults and children 12 years and older: Take 1-2 tablets every 4 to

6 hours. Do not exceed 12 tablets in 24 hours.

**For children under 12,** consult your health professional.

**Allow tablets to dissolve completely in the mouth, do not swallow.**

## **WARNINGS**

Do not give to children under 12 years of age. **If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children.** If sleeplessness or nervous tension persist continuously for more than two weeks, a health professional should be consulted. Insomnia may be a symptom of serious underlying medical illness. **Do not use** if known sensitivity to BHI Calming or any of its ingredients exists

**KEEP OUT OF REACH OF CHILDREN**



**Drug Facts (Continued)**

**Uses:** For the temporary relief of minor occasional simple nervous tension and irritability to help occasional sleeplessness.

**Warnings:** Do not give to children under 12 years of age. If pregnant or breastfeeding, ask a health professional before use. Keep out of reach of children. If sleeplessness or nervous tension persist continuously for more than two weeks, a health professional should be consulted. Irritability may be a symptom of serious underlying medical illness. Do not use if known sensitivity to BHI Calming or any of its ingredients exists.

**Directions:** At first sign of symptoms: Adults and children 12 years and older: 1 tablet every 1/2 to 1 hour until symptoms lessen, then continue with standard dosage. Standard dosage: Adults and children 12 years and older: Take 1-2 tablets every 4-6 hours. Do not exceed 12 tablets in 24 hours. For children under 12, consult your health professional. Allow tablets to dissolve completely in the mouth, do not swallow.

**Other information: Tamper Evident:** Use this product only if shrink seal around neck and cap is intact. Store at room temperature. Protect from light and moisture. Please retain outer carton for full product instructions.

**Inactive ingredients:** Dextrose, Magnesium stearate, Mica/colloidal silicon dioxide.

**Questions?** Call weekdays 8AM-4PM Mountain Time at 1-844-MedNatura (1-844-633-6228) or email info@MedNatura.com

**The BHI Story**

Dr. Reckeweg, M.D. believed that health comes from light – the sun gives life to plants, and plants give health to humans.

Dr. Reckeweg found that using multi-ingredient plant-based remedies gave his patients greater relief of more symptoms than single-ingredient products. His homeopathic remedies soon became the most popular ones in Germany.

After relocating to the sunny high desert of New Mexico, he founded the BHI brand. For over 40 years you have been faithful to Dr. Reckeweg's "sunny" philosophy which has given Americans guaranteed relief millions of times without the side-effects of non-natural medicines. If you don't love this remedy, send us your receipt for a full refund. (visit MedNatura.com for details).

Calming Tablets  
**BHI**

**BHI**  
**CALMING**  
Calming Tablets  
40+ years of safe relief

**NATURAL RELIEF** from

- Nervous Tension
- Irritability
- Sleeplessness

100 TABLETS  
HOMEOPATHIC

**Drug Facts**

Active Ingredients**	Purpose
Chamomilla 3X	Occasional sleeplessness
Coltsfoot 10X	Occasional sleeplessness
Hyoscyamus 2X	Simple nervous tension
Opuntia 6X	Simple nervous tension
Morhuca 30X	Simple nervous tension
Passiflora 30X	Occasional sleeplessness
Trifolium 6X	Occasional sleeplessness
Valerian 30X	Simple nervous tension, occasional sleeplessness
Valeriana officinalis 3X	Simple nervous tension, occasional sleeplessness
Valeriana officinalis 6X	Simple nervous tension

\*\*Inactive ingredients:  
Each tablet contains equal amounts of each ingredient.

X is a homeopathic dilution. For more information visit [www.MedNatura.com](http://www.MedNatura.com)

Claims based on homeopathic practice, not accepted medical evidence. Not FDA evaluated.

MedNatura  
10415 Beaverton Rd.  
Albuquerque, NM 87122  
[www.MedNatura.com](http://www.MedNatura.com)

Made in a U.S. facility from global ingredients



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# BHI CALMING

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## Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:62795-1006
<b>Route of Administration</b>	ORAL		

## Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>MATRICARIA RECUTITA</b> (UNII: G0R4UBI2ZZ) (MATRICARIA RECUTITA - UNII:G0R4UBI2ZZ)	MATRICARIA RECUTITA	2 [hp_X]
<b>ARABICA COFFEE BEAN</b> (UNII: 3SW678MX72) (ARABICA COFFEE BEAN - UNII:3SW678MX72)	ARABICA COFFEE BEAN	10 [hp_X]
<b>HOPS</b> (UNII: 01G73H6H83) (HOPS - UNII:01G73H6H83)	HOPS	2 [hp_X]
<b>STRYCHNOS IGNATII SEED</b> (UNII: 1NM3M2487K) (STRYCHNOS IGNATII SEED - UNII:1NM3M2487K)	STRYCHNOS IGNATII SEED	8 [hp_X]
<b>MOSCHUS MOSCHIFERUS MUSK SAC RESIN</b> (UNII: 8KFK4W7KP7) (MOSCHUS MOSCHIFERUS MUSK SAC RESIN - UNII:8KFK4W7KP7)	MOSCHUS MOSCHIFERUS MUSK SAC RESIN	10 [hp_X]
<b>STRYCHNOS NUX-VOMICA SEED</b> (UNII: 269XH13919) (STRYCHNOS NUX-VOMICA SEED - UNII:269XH13919)	STRYCHNOS NUX-VOMICA SEED	30 [hp_X]
<b>PASSIFLORA INCARNATA FLOWERING TOP</b> (UNII: CLF5YFS110) (PASSIFLORA INCARNATA FLOWERING TOP - UNII:CLF5YFS110)	PASSIFLORA INCARNATA FLOWERING TOP	2 [hp_X]
<b>SULFUR</b> (UNII: 70FD1KFU70) (SULFUR - UNII:70FD1KFU70)	SULFUR	12 [hp_X]
<b>VALERIAN</b> (UNII: JWF5YAW3QW) (VALERIAN - UNII:JWF5YAW3QW)	VALERIAN	2 [hp_X]
<b>VERATRUM ALBUM ROOT</b> (UNII: QNS6W5US1Z) (VERATRUM ALBUM ROOT - UNII:QNS6W5US1Z)	VERATRUM ALBUM ROOT	4 [hp_X]

## Inactive Ingredients

Ingredient Name	Strength
<b>LACTOSE</b> (UNII: J2B2A4N98G)	
<b>MAGNESIUM STEARATE</b> (UNII: 70097M6I30)	
<b>MALTODEXTRIN</b> (UNII: 7CVR7L4A2D)	
<b>DEXTROSE</b> (UNII: IY9XDZ35W2)	

## Product Characteristics

<b>Color</b>	white	<b>Score</b>	no score
<b>Shape</b>	ROUND	<b>Size</b>	9mm
<b>Flavor</b>		<b>Imprint Code</b>	Leafman
<b>Contains</b>			

## Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
	NDC:62795			

1	NDC:62795-1006-3	1 in 1 CARTON	08/30/2014	
1		100 in 1 BOTTLE; Type 0: Not a Combination Product		
2	NDC:62795-1006-2	100 in 1 BOTTLE; Type 0: Not a Combination Product	04/11/2022	

## Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved homeopathic		08/30/2014	

**Labeler** - MediNatura Inc (079324099)

## Establishment

Name	Address	ID/FEI	Business Operations
MediNatura		102783016	manufacture(62795-1006)

Revised: 8/2023

MediNatura Inc