WELLMIND CALMING- avena sativa flowering top, arabica coffee bean, passiflora incarnata flowering top, sepia officinalis juice, and valerian 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.

WellMind Calming Tablet

KEEP OUT OF REACH OF CHILDREN

Keep out of reach of children.

Uses

For the temporary relief of minor, occasional simple nervous tension & irratability to help occasional sleeplessness.

WARNINGS

Do not give to children under 12 years of age.If pregnant or breast-feeding, ask a health professional before use. If sleeplessness or nervous tension persists continuously for more than two weeks, a health professional should be consulted. Insomnia may be a symptom of serious underlying medical illness. Due to the homeopathic nature of WellMind Calming, a temporary worsening in symptoms (initial aggravation) may occur, but often resolves quickly. Allergic (hypersensitivity) skin reactions may occur in very rare casses. **Do not use** if known sensitivity to Wellmind Calming or any of its ingredients exists.

DIRECTIONS

At first sign of symptoms: Adults and children 12 years and older: 1 tablet every $\frac{1}{2}$ to 1 hour until symptoms lessen, then continue with standard dosage. Do not exceed 12 tablets in 24 hours. For children under 12 years, consult your health professional.

Standard dosage: Adults and children 12 years and older: 3 tablets per day, taking 1 tablet every 4 to 6 hours. **For children under 12 years,** consult your health professional.

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

PURPOSE

Relieves

- Nervous Tension
- Irritability

• Sleeplessness

ACTIVE INGREDIENTS

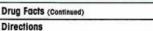
*Valeriana officinalis 30X.....Relieves occasional nervous sleeplessness

*NaturalIngredients

INACTIVE INGREDIENTS

Lactose, Magnesium stearate





Directions
At first sign of symptoms: Adults and children 12 years
and older: 1 toblet every ½ to 1 hour until symptoms
lessen, then confinue with standard desage. Do not
exceed 12 toblets in 24 hous. For children under
12 years, consult your health professional. Standard
dosage: Adults and children 12 years and older:
3 toblets per day, toking 1 toblet every 4 to 6 hours.
For children under 12 years, consult your health
professional.

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

Other Information

Tamper Evident: Use this produc only if imprinted shrink seal around neck and cap is intact.

Store of room temperature, Protect from light and residues.

moisture.
Please retain outer carton for full product instructions

Inactive Ingredients

Lactose, Magnesium stearate

Questions

Call weekdays 9am-5pm EDT 1-844-MediNatura (1-844-633-4528) or email info@MediNatura.com

These statements have not been reviewed by the food and Drug Administration. They are supported by traditional homeopathic principles.

MediNatura Believes:

Relief doesn't need to come with frequent side effects which can be bothersome or even serious.

The healthy way to feel better is to strengthen your body's own natural

MediNatura uses ingredients found in the natural world, so you can feel better about feeling better.



MediNatura
PD Box 717, Southeastern PA 19399

www.MedINatura.com

(see pund tacts.) All Natural Active Ingredients *etural Ingredients Calming Tablets NDC 62795-1024-2 Calming Tablets



TENSION RELIEF Natural Ingredients'

- Nervous Tension
- Irritability
- Sleeplessness

All Natural Active Ingredients (See Drug Facts*)

> **HOMEOPATHIC** 100 Tablets





Lot:

Exp. date:

Drug Facts

Each tablet contains: Active Ingredients

Purpose

- *Avena sativa 2X....Relieves simple nervous tension *Coffea cruda 12X.....Relieves inflability *Passifiora incomato 3X Relieves imitability
- nervous fension
- Relieves occasional nervous sleeplessness
- *Valeriana officinalis 30X. Relieves occasional nervous sleeplessness
- *Natural Ingredients

Uses

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WELLMIND CALMING

avena sativa flowering top, arabica coffee bean, passiflora incarnata flowering top, sepia officinalis juice, and valerian tablet

Product Information

HUMAN OTC DRUG **Product Type** Item Code (Source) **Route of Administration ORAL**

NDC:62795-1024

Active Ingredient/Active Moiety				
Ingredient Name	Basis of Strength	Strength		
AVENA SATIVA FLOWERING TOP (UNII: MA9CQJ3F7F) (AVENA SATIVA FLOWERING TOP - UNII:MA9CQJ3F7F)	AVENA SATIVA FLOWERING TOP	2 [hp_X]		
ARABICA COFFEE BEAN (UNII: 3SW678MX72) (ARABICA COFFEE BEAN - UNII:3SW678MX72)	ARABICA COFFEE BEAN	12 [hp_X]		
PASSIFLORA INCARNATA FLOWERING TOP (UNII: CLF5YFS110) (PASSIFLORA INCARNATA FLOWERING TOP - UNII: CLF5YFS110)	PASSIFLORA INCARNATA FLOWERING TOP	3 [hp_X]		
SEPIA OFFICINALIS JUICE (UNII: QDL83WN8C2) (SEPIA OFFICINALIS JUICE - UNII:QDL83WN8C2)	SEPIA OFFICINALIS JUICE	4 [hp_X]		
VALERIAN (UNII: JWF5YAW3QW) (VALERIAN - UNII:JWF5YAW3QW)	VALERIAN	2 [hp_X]		

Inactive Ingredients			
Ingredient Name	Strength		
LACTOSE (UNII: J2B2A4N98G)			
MAGNESIUM STEARATE (UNII: 70097M6I30)			

Product Characteristics			
Color	white	Score	no score
Shape	ROUND	Size	9mm
Flavor		Imprint Code	mountain
Contains			

P	Packaging					
#	Item Code	Package Description	Marketing Start Date	Marketing End Date		
1	NDC:62795- 1024-2	1 in 1 CARTON	08/30/2014	07/30/2025		
1		100 in 1 BOTTLE; Type 0: Not a Combination Product				

Marketing Information			
Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved homeopathic		08/30/2014	07/30/2025

Labeler - MediNatura Inc (079324099)

Establishment			
Name	Address	ID/FEI	Business Operations
MediNatura Inc		102783016	manufacture(62795-1024)

Revised: 5/2021 MediNatura Inc