Traditionally used in herbal medicine as a nervine to help relieve nervousness and restlessness.

**Nervine herbs**

Nervines are medicinal herbs whose effects target the nervous system. There are tonic, calming, and also sedative nervines. They are used to relieve muscular tension, spasms, irritability, insomnia, and mild anxiety.

**Tilia cordata**

Linden flowers have been traditionally used in many parts of the world as sedatives, tranquilizers, and diuretics.\(^1\) Herbalists and naturopaths today use linden flowers to relax blood vessels, to relieve nervousness, difficulty falling asleep, restlessness, and transient anxiety states.

**Professionals**

Tilia cordata flowers contain mucilage, flavonoids, phenolic acids and essential oils.\(^2\) One study reported that an infusion of linden extended the swimming time of mice during a forced swimming test, which was interpreted as an indication of its anti-stress properties.\(^3\) According to another study, a complex of flavonoids injected in mice had a clear anxiolytic effect.\(^4\) A sedative effect of linden (extract) was also reported for doses of 10 to 100 mg / kg\(^5\) based on a study of mice, and hypotensive and vasodilator effects were reported in rabbits.\(^6\)
The Nervocalm-Linden product from Léo Désilets Maître Herboriste is available in capsule form containing 375 mg of powdered *Tilia cordata*.

The recommended dosage for our product is 1 capsule, 3 times per day for adults, for a total of 1.125 g of linden. For children, the recommended dosage is 1 capsule, twice per day, for a daily total of 750 mg of linden. The splitting of the dosage into capsules enables the dosage to be conveniently adapted to different needs.

**Precautions and warnings**

- Consult a health care practitioner if symptoms worsen.
- Consult a health care practitioner if symptoms persist.

**Known undesirable effects**

- Hypersensitivity or allergy can occur. If this happens, discontinue use.

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**Medicinal ingredient**

*Tilia cordata*: 375 mg

**Non-medicinal ingredients**

Cellulose, magnesium stearate and gelatin.

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1 Abascal K, Yarnell E. *Nervine Herbs for Treating Anxiety, Alternative and Complementary Therapies*. 309-315, 2004


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Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scottstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum.

Our production methods meet the requirements and quality standards of Health Canada’s Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

**Our mission:** to offer high quality natural health and skincare products to help you take care of your health in a natural way.