

AMANTILLA

RELAX/SLEEP

TO RESOLVE:

- INSOMNIA
- STRESS
- ANXIETY
- PANIC ATTACKS



PRODUCT DESCRIPTION

AMANTILLA is an extract produced from the root of *Valeriana officinalis*, commonly known as valerian. The valerian herb in **AMANTILLA** has been used medicinally for at least 2,000 years. It has been included in many editions of the United States Dispensatory (Merck) since 1849, which reported the herb's effect on the nervous system. It is very effective in treating stress and anxiety. For some, **AMANTILLA** can also be used to induce sleep. GABA (Gamma-aminobutyric acid), sometimes referred to as the body's natural tranquilizer is one of the amino acids produced in the brain. Valerian extracts like **AMANTILLA** stimulate GABA production in quantities sufficient to cause a sedative effect. Therefore, **AMANTILLA** may cause sedation by increasing the amount of GABA available in the synaptic clefts in the brain.

RESEARCH

In June 2005, a study measuring the sedative effect of NutraMedix **AMANTILLA** was conducted on laboratory rodents in Ecuador at the University of Guayaquil. **AMANTILLA** was found to statistically have the same sedative effect as the pharmaceutical Diazepam (Valium).

Allende, S, "Establishment of the potential sedative effect of the product known as **AMANTILLA**, originating from Nutramedix Laboratories, LLC. Florida, United States," *Universidad de Guayaquil Department of Chemical Sciences, Final Report, 08/05/05*

Promising candidate for insomnia and anxiety in bipolar disorder.

Baek, JH, "Clinical applications of herbal medicines for anxiety and insomnia; targeting patients with bipolar disorder," *Aust N Z J Psychiatry. 2014 Aug;48(8):705-715. Epub 2014 Jun 19 DOI: 10.1177/0004867414539198*

PATIENT REPORTS

"**AMANTILLA** works well. I use 15 drops in a little water just before going to sleep and it really makes a big difference."

-L.A.

SUGGESTED DOSAGE

Insomnia: Put 30 drops in 4 oz. of water and wait one minute before drinking. Take at bedtime.

Severe Insomnia: Put 30 drops in 4 oz. of water and wait one minute before drinking. Take every 30 minutes beginning 2 hours before bedtime for 5 nights.

Mild Anxiety: Put 10 drops in 4 oz. of water and wait one minute. Take 2 to 4 times per day.

Moderate to Severe Anxiety, Panic Attacks: Put 10 to 15 drops in at least 2 oz. of water. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better, then switch to 10 drops in 4 oz. of water 2 to 4 times per day for maintenance.

Various Reported Medicinal Properties of Amantilla:

- Analgesic
- Anodyne
- Antianxiety
- Antibacterial
- Antihypertensive
- Antihysterical
- Anti-inflammatory
- Antispasmodic
- Anxiolytic
- Carminative
- Diuretic
- Hypnotic
- Nervine
- Sedative