

Formula 303

Formula 303 contains a time-tested combination of natural ingredients that works fast.



Formula 303's Ingredients:

Valerian Root (*Valeriana officinalis*): Used for centuries to calm upset nerves and for treating mood problems, pain and headache. Today homeopaths and herbalists use Valerian root for its antispasmodic, calmative, tranquilizing, carminative (good for upset stomach and digestion) and pain relieving effects.

Passion Flower (*Passiflora incarnata*): Discovered in 1569 it is primarily used as a sedative or nervine to combat excess nervousness and anxiety, to tranquilize, and to promote sleep; as an anodyne, anti-spasmodic and anti-convulsant to treat dysmenorrhea, muscle cramps, and so forth.

Magnesium: One of the most important essential minerals to promote proper nerve function. It is a key element in the stabilization of nerve cells, without which, the nerves would be in a constant state of excitation (a state known as tetany.)

You can purchase 303's at Lewiston Family Chiropractic, 208-799-3333.