

**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 & irritability 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 cases. **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 ½ 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

Active Ingredients

Purpose

- *Avena sativa 2X.....Relieves simple nervous tension
- *Coffea cruda 12X.....Relieves irritability
- *Passiflora incarnata3X.....Relieves simple nervous tension
- *Sepia 4X.....Relieves occasional nervous sleeplessness
- *Valeriana officinalis 2X.....Relieves occasional nervous sleeplessness
- *Valeriana officinalis 10X.....Relieves occasional nervous sleeplessness
- *Valeriana officinalis 30X.....Relieves occasional nervous sleeplessness

***Natural Ingredients**

INACTIVE INGREDIENTS

Lactose, Magnesium stearate



Drug Facts (Continued)

Directions

At first sign of symptoms: Adults and children 12 years and older: 1 tablet every ½ 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.

Other Information

Tamper Evident: Use this product only if imprinted 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

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.

6004302/1MNT

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 defenses.

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



Distributed by:
MediNatura
PO Box 717, Southeastern PA 19399
www.MediNatura.com

All Natural Active Ingredients
(See Drug Facts)
Natural Ingredients*
Calming Tablets
WellMind™

NDC 62795-1024-2

WellMind™
Calming Tablets



TENSION RELIEF
Natural Ingredients*

Relieves

- Nervous Tension
- Irritability
- Sleeplessness

All Natural Active Ingredients
(See Drug Facts*)

HOMEOPATHIC
100 Tablets



Tablets



Lot:

Exp. date:

Drug Facts

Each tablet contains:
Active Ingredients Purpose

*Avena sativa 2X	Relieves simple nervous tension
*Coffea cruda 12X	Relieves irritability
*Passiflora incarnata 3X	Relieves simple nervous tension
*Sepia 4X	Relieves occasional nervous sleeplessness
*Valeriana officinalis 2X	Relieves occasional nervous sleeplessness
*Valeriana officinalis 10X	Relieves occasional nervous sleeplessness
*Valeriana officinalis 30X	Relieves occasional nervous sleeplessness

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X is a homeopathic dilution. For more information, see www.MediNatura.com

WELLMIND CALMING

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

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:62795-1024
Route of Administration	ORAL		

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: 70097M6130)	

Product Characteristics

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

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)

