

BHI CALMING- matricaria recutita, arabica coffee bean, hops, strychnos ignatii seed, moschus moschiferus musk sac resin, strychnos nux-vomica seed, passiflora incarnata flowering top, sulfur, valerian, and veratrum album root 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.

BHI Calming Tablet

ACTIVE INGREDIENT

Each tablet contains: *Chamomilla 2X, *Coffea cruda 10X, *Humulus lupulus 2X, *Ignatia amara 8X, *Moschus 10X, *Nux vomica 30X, *Passiflora incarnata 2X, *Sulphur 12X, *Valeriana officinalis 2X, *Veratrum album 4X 30 mg each.

***Natural Ingredients**

INACTIVE INGREDIENTS

Inactive Ingredients: **Dextrose, ** Lactose, Magnesium Stearate, **Maltodextrin
**contains one or more of these ingredients.

PURPOSE

Calming Tablets

Relieves:

- Nervous Tension
- Irritability
- Sleeplessness

USES

For the temporary relief of minor occasional simple nervous tension and irritability to help occasional sleeplessness

DIRECTIONS

At first sign of symptoms: Adults and children 12 years and older:

1 tablet every 1/2 to 1 hour until symptoms lessen, then continue with standard dosage.

Standard dosage: Adults and children 12 years and older: Take 1-2 tablets every 4 to

6 hours. Do not exceed 12 tablets in 24 hours.

For children under 12, consult your health professional.

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

WARNINGS

Do not give to children under 12 years of age. **If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children.** If sleeplessness or nervous tension persist continuously for more than two weeks, a health professional should be consulted. Insomnia may be a symptom of serious underlying medical illness. **Do not use** if known sensitivity to BHI Calming or any of its ingredients exists

KEEP OUT OF REACH OF CHILDREN

NATURAL RELIEF from

- Nervous Tension
- Irritability
- Sleeplessness



Drug Facts (Continued)

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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. Please retain outer carton for full product instructions.

Inactive Ingredients: Dextrose, Lactose, Magnesium stearate, Maltodextrin
*contains one or more of these ingredients

Questions? Call weekdays 8AM-4PM Mountain 1-844-MediNatura (1-844-633-4628) or email info@MediNatura.com

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The BHI Story

Dr. Reckeweg, M.D. believed that health comes from light – the sun gives life to plants, and plants give health to humans.

In the late 1930's, Dr. Reckeweg found that using multi-ingredient plant-based remedies gave his patients more relief than single-ingredient ones. His homeopathic remedies soon became the most popular ones in Germany.

After relocating to the sunny high desert of New Mexico, he founded the BHI brand in 1979. For over 40 years we have been faithful to Dr. Reckeweg's "sunny" philosophy which has given thousands of Americans "dazzling" relief – if you don't agree, return the empty bottle and receipt for a full refund (visit MediNatura.com for details).

CALMING
Calming Tablets

BHI

NDC 62795-1006-3

BHI

CALMING
Calming Tablets

40+
years
of safe
relief

NATURAL RELIEF from

- Nervous Tension
- Irritability
- Sleeplessness

100 TABLETS

MediNatura HOMEOPATHIC

Drug Facts


Active Ingredient**	Purpose
*Chamomile 2X	Occasional sleeplessness
*Coffea cruda 10X	Occasional sleeplessness
*Hamamelis lupulus 2X	Simple nervous tension
*Iris versicolor 6X	Simple nervous tension
*Moscus 10X	Simple nervous tension
*Nux vomica 30X	Occasional sleeplessness
*Passiflora incarnata 2X	Occasional sleeplessness
*Sulphur 12X	Simple nervous tension; occasional sleeplessness
*Valeriana officinalis 2X	Simple nervous tension; occasional sleeplessness
*Veratrum album 4X	Simple nervous tension

****Natural Ingredient**
**Each tablet contains equal amounts of each ingredient

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

Claims based on homeopathic practice, not accepted medical evidence. Not FDA evaluated.

MediNatura
10421 Research Rd.
Albuquerque, NM 87123
www.MediNatura.com



Made in a U.S. facility from global ingredients



RECYCLABLE



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BHI CALMING

matricaria recutita, arabica coffee bean, hops, strychnos ignatii seed, moschus moschiferus musk sac resin, strychnos nux-vomica seed, passiflora incarnata flowering top, sulfur, valerian, and veratrum album root tablet

Product Information			
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:62795-1006
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
MATRICARIA RECUTITA (UNII: G0R4UBI2ZZ) (MATRICARIA RECUTITA - UNII:G0R4UBI2ZZ)	MATRICARIA RECUTITA	2 [hp_X]
ARABICA COFFEE BEAN (UNII: 3SW678MX72) (ARABICA COFFEE BEAN - UNII:3SW678MX72)	ARABICA COFFEE BEAN	10 [hp_X]
HOPS (UNII: 01G73H6H83) (HOPS - UNII:01G73H6H83)	HOPS	2 [hp_X]
STRYCHNOS IGNATII SEED (UNII: 1NM3M2487K) (STRYCHNOS IGNATII SEED - UNII:1NM3M2487K)	STRYCHNOS IGNATII SEED	8 [hp_X]
MOSCHUS MOSCHIFERUS MUSK SAC RESIN (UNII: 8KFK4W7KP7) (MOSCHUS MOSCHIFERUS MUSK SAC RESIN - UNII:8KFK4W7KP7)	MOSCHUS MOSCHIFERUS MUSK SAC RESIN	10 [hp_X]
STRYCHNOS NUX-VOMICA SEED (UNII: 269XH13919) (STRYCHNOS NUX-VOMICA SEED - UNII:269XH13919)	STRYCHNOS NUX-VOMICA SEED	30 [hp_X]
PASSIFLORA INCARNATA FLOWERING TOP (UNII: CLF5YFS110) (PASSIFLORA INCARNATA FLOWERING TOP - UNII:CLF5YFS110)	PASSIFLORA INCARNATA FLOWERING TOP	2 [hp_X]
SULFUR (UNII: 70FD1KFU70) (SULFUR - UNII:70FD1KFU70)	SULFUR	12 [hp_X]
VALERIAN (UNII: JWF5YAW3QW) (VALERIAN - UNII:JWF5YAW3QW)	VALERIAN	2 [hp_X]
VERATRUM ALBUM ROOT (UNII: QNS6W5US1Z) (VERATRUM ALBUM ROOT - UNII:QNS6W5US1Z)	VERATRUM ALBUM ROOT	4 [hp_X]

Inactive Ingredients

Ingredient Name	Strength
LACTOSE (UNII: J2B2A4N98G)	
MAGNESIUM STEARATE (UNII: 70097M6130)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
DEXTROSE (UNII: IY9XDZ35W2)	

Product Characteristics

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

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:62795-1006-3	1 in 1 CARTON	08/30/2014	
1		100 in 1 BOTTLE; Type 0: Not a Combination Product		
2	NDC:62795-1006-2	100 in 1 BOTTLE; Type 0: Not a Combination Product	04/11/2022	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
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unapproved homeopathic		08/30/2014	
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Labeler - MediNatura Inc (079324099)

Establishment

Name	Address	ID/FEI	Business Operations
MediNatura		102783016	manufacture(62795-1006)

Revised: 4/2022

MediNatura Inc