

Avena

Get AVENA
increase vitality
& improve sleep.



AVENA SATIVA Ø

Drug Strength 1:10

DESCRIPTION:

Avena Sativa known as wild oats belongs to Graminacea family are used in herbal food have long history. Native to the Mediterranean region, cultivated in much of Europe by 2000 B.C. and now in whole region. Oatmeal has been traditionally considered a nutritive and demulcent, once prescribed for habitual constipation served to convalescing patient as gruel. Oats are used to treat nervous exhaustion, insomnia and "weakness nerves" also a tincture of green tops of oats was used to help withdrawn alcohol and morphine addiction.

ACTIONS: Nerve tonic, anti-depressant, nutritive, demulcent, vulnerary, cerebral trophorestorative, nutrient.

INDICATIONS: Nervous exhaustion and debility from chronic diseases, reflex-nervous irritation from other disorders, irritation and depression with dysmenorrhoea, hysteria, insomnia, neurasthenia with neurosis, multiple sclerosis, lowers cholesterol level, improves stamina, eczema shingles and other herpes infections.

CONSTITUENTS: Avena Sativa contains gramme saponins such as avenacosides, alkaloids (including avenine and trigonelline), sterols, flavonoids, silicic acid, gluten, starch, proteins vitamen B, Calcium and other minerals.

SIDE EFFECTS: There are no well-known side effects.

TOXICOLOGY: None yet to be known.

CONTRA-INDICATIONS: Caution for those with gluten sensitivity.

USE IN PREGNANCY & LACTATION: No adverse effects expected.

EFFECTS ON ABILITY TO DRIVE AND USE MACHINES: No negative influence is reported.

OVERDOSE: Not known

DOSAGE: Drops: 20 to 30 drops in a half cup of water before meals.
Tablets: One tablet thrice daily.

PRESENTATION: 20ml liquid.
20 tablets.



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