

NEUROLINE

Instructions

on medical use of the drug

Trade name of the drug: Neuroline.

International nonproprietary name: extracts of valerian, St. John's wort, lemon balm, passionflower, magnesium, melatonin.

Dosage form: Tablets for oral administration.

Pharmacotherapeutic group: Sedative.

Composition: *Each tablet contains:*

Valerian extract.....100 mg;

St. John's wort extract.....100 mg;

Melissa extract.....50 mg;

Passion flower extract.....50 mg;

Magnesium.....75 mg;

Melatonin.....2,5 mg.

List of ingredients:

Valerian root extract, St. John's wort extract, lemon balm extract, passionflower extract, magnesium hydroxide, melatonin, sorbitol, magnesium stearate.

Pharmacological properties:

Pharmacodynamics:

Valerian Root Extract: Valerian is a common ingredient in products marketed as mild sedatives and sleep aids for nervous tension and insomnia. In addition to sleep disorders, valerian has been used for gastrointestinal spasms and distress, epileptic seizures, and attention deficit hyperresponsiveness disorder.

St. John's wort extract: St. John's wort has been used for mental illness. St. John's wort is used to treat mild to moderate depression.

Melissa extract: lemon balm is used as a mild sedative, antidepressant, antispasmodic, antihistamine and antiviral agent. It is used for anxiety, neurosis and nervous excitability, palpitations and headaches, as well as hyperthyroidism. Melissa is also known for its relaxing properties in both adults and children. For sleep problems, it helps restore calm and tranquility, makes it easier to fall asleep and improves the quality of sleep. Melissa reduces anxiety, makes it easier to sleep, and improves sleep quality.

Passionflower extract: Passionflower is used as a dietary supplement for anxiety and sleep problems, as well as pain, heart rhythm problems, menopausal symptoms and attention deficit hyperactivity disorder.

Magnesium: participates in the energy and electrical metabolism of cells of the nervous system, as well as skeletal and smooth muscles.

Melatonin: an endogenous hormone produced by the pineal gland that affects intra-daily, seasonal rhythms and the sleep-wake cycle. Melatonin normalizes circadian rhythms. It has an adaptogenic, sedative and hypnotic effect. Increases the concentration of gamma-aminobutyric acid and serotonin in the midbrain and hypothalamus. Melatonin synchronizes circadian rhythms, reduces slow-wave sleep latency, increases sleep duration and improves its subjective quality. One of the main mechanisms for the occurrence of delayed sleep phases is a decrease in melatonin secretion.

Indications for use:

- for mild to moderate depression, seasonal depression;
- makes it easier to fall asleep, improves sleep quality;
- for sleep disorders, incl. caused by a disturbance in the sleep-wake rhythm, such as desynchronization (sudden change of time zones);
- disruption of circadian rhythms of endogenous and exogenous origin;
- insomnias and parasomnias in elderly people;
- increased fatigue during the day;
- for irritability and anxiety;
- with increased anxiety;
- for gastrointestinal spasms;
- for attention deficit hyperactivity disorder;
- for neurosis and increased nervous excitability, headaches;
- for heart rhythm disturbances;
- stage I-II hypertension in elderly patients (as part of complex therapy);
- symptoms of menopause, PMS.

Directions for use and dosage:

Take 1 tablet once a day 30 minutes - 1 hour before bedtime, orally before meals. The course of treatment is determined by the doctor.

Contraindications:

- Hypersensitivity to the components of the drug;
- Children under 18 years of age;
- Autoimmune diseases;
- Conditions of photosensitivity with increased skin sensitivity to ultraviolet radiation, as St. John's wort increases skin sensitivity to light;

- Severe renal dysfunction (creatinine clearance <30 ml/min);
- Pregnancy and lactation;
- Tendency to bleeding, or existing bleeding.

Warnings: Consult a physician if you are pregnant, sick, or nursing. Do not exceed the recommended dosage.

Pregnancy and breastfeeding:

During pregnancy, taking the drug is contraindicated.

Overdose:

Cases of drug overdose have not been described.

Release form:

Tablets No 30. 10 tablets in a PVC blister. 3 blisters per cardboard box along with an insert.

Storage conditions:

Store in a dry place, protected from light, at a temperature not exceeding 25 °C.

Keep the drug out of the reach of children.

Do not use the drug after the expiration date

Conditions for dispensing from pharmacies:

Without a doctor's prescription.

Made for:

MAXX-PHARM.LTD

London, Great Britain