

## Information For the Use

Tonic Fobrahmi 200mg + Shankhpushpi 200mg + Ashwagandha 200mg + Shatawari 200mg + Jatamansi 100mg + Sharpgandha 100mg + Vacha 100mg + Jyotismati 100mg + Mulethi 100mg + Amla 100mg + Akhrot 100mg + Kesar 10mg + Latakasturi 10mg  
Herbal Brain Tonic

# Active Brain Tonic

## Product Information: Herbal Brain Tonic Syrup

### Ingredients:

- **Brahmi (Bacopa monnieri): 200 mg**
- **Shankhpushpi (Convolvulus pluricaulis): 200 mg**
- **Ashwagandha (Withania somnifera): 200 mg**
- **Shatawari (Asparagus racemosus): 200 mg**
- **Jatamansi (Nardostachys jatamansi): 100 mg**
- **Sarpagandha (Rauwolfia serpentina): 100 mg**
- **Vacha (Acorus calamus): 100 mg**
- **Jyotismati (Celastrus paniculatus): 100 mg**
- **Mulethi (Glycyrrhiza glabra): 100 mg**
- **Amla (Emblica officinalis): 100 mg**
- **Akhrot (Juglans regia): 100 mg**
- **Kesar (Crocus sativus): 10 mg**
- **Latakasturi (Hibiscus abelmoschus): 10 mg**

### Pharmacological Class:

- **Herbal/Natural Medicine: Ayurvedic brain and nerve tonic.**

### Indications:

## The Herbal Brain Tonic Syrup is formulated to support:

1. **Cognitive Health:** Enhances memory, concentration, and mental clarity.
2. **Stress Relief:** Alleviates stress, anxiety, and nervousness.
3. **Brain Function:** Improves focus and cognitive performance.
4. **Neurological Health:** Supports the nervous system in cases of insomnia, irritability, and mental fatigue.
5. **Nutritional Support:** Provides essential nutrients to boost overall brain health.

### Key Benefits of Ingredients:

- **Brahmi:** Known for improving memory and reducing stress.
- **Shankhpushpi:** A brain tonic that enhances cognitive abilities and relieves mental fatigue.
- **Ashwagandha:** Reduces anxiety, improves energy levels, and promotes restful sleep.
- **Shatawari:** Nourishes the nervous system and supports hormonal balance.
- **Jatamansi:** Calms the mind and reduces anxiety.
- **Sarpagandha:** Traditionally used for managing stress and hypertension.
- **Vacha:** Improves speech, clarity of thought, and memory.

- **Jyotismati:** Enhances cognitive function and memory.
  - **Mulethi:** Known for its adaptogenic properties and as a brain tonic.
  - **Amla:** Rich in antioxidants, promotes overall brain and body health.
  - **Akhrot (Walnut):** Supports brain health with omega-3 fatty acids and antioxidants.
  - **Kesar:** Enhances memory, mood, and brain function.
  - **Latakasturi:** Acts as a natural relaxant and supports mental wellness.
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#### Dosage and Administration:

- **Adults:** 1–2 teaspoons (5–10 mL), twice daily after meals.
  - **Children (6–12 years):** 1 teaspoon (5 mL), twice daily after meals.
  - **Shake the bottle well before use.**
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#### Contraindications:

- **Allergy:** Hypersensitivity to any ingredient in the formulation.
  - **Pregnancy and Lactation:** Use under medical supervision.
  - **Pre-existing Conditions:** Consult a physician for individuals with chronic illnesses like diabetes or hypertension.
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#### Warnings and Precautions:

1. **Use only as directed by a healthcare professional.**

2. **Avoid consuming alcohol or caffeine while taking this syrup.**
  3. **Monitor for allergic reactions or gastrointestinal discomfort.**
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#### Adverse Effects:

- **Common Side Effects:** Mild nausea, dizziness, or allergic reactions (rare).
  - **Severe Side Effects:** Rare; consult a healthcare provider if symptoms persist.
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#### Drug Interactions:

- **Sedatives:** May enhance the sedative effect; use cautiously.
  - **Antihypertensive Medications:** May lower blood pressure further when combined with Sarpagandha.
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#### Storage Instructions:

- **Store in a cool, dry place, below 30°C.**
  - **Protect from direct sunlight and moisture.**
  - **Keep out of reach of children.**
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#### Packaging:

- **Available in 200 mL or 500 mL amber-colored bottles to protect from light.**
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#### Patient Instructions:

- 1. Take regularly as prescribed for optimal results.**
  - 2. Maintain a healthy diet and lifestyle to complement the benefits of the tonic.**
  - 3. Report any adverse reactions to your healthcare provider.**
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**Herbal Brain Tonic Syrup is a safe, natural, and effective formulation designed to promote cognitive health, relieve stress, and improve overall mental well-being. Suitable for all age groups under professional guidance.**

Manufactured in India for:



**Cafoli Lifecare Pvt. Ltd.**

**(An ISO 9001: 2015 Certified Co.)**

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