



# MYELIN SHEATH SUPPORT™

Herbal-Nutrient Nervous System Support!

MYELIN SHEATH SUPPORT by Planetary Herbals is a comprehensive formula designed to support the fat-like insulating sheath (myelin) that surrounds nerve tissues. Properly formed myelin is necessary for optimal nerve conduction.



MYELIN SHEATH SUPPORT is the first formula developed for Planetary Herbals by herbalist and Ayurvedic specialist Alan Tillotson. It consists of some of the most highly regarded tonifiers of Chinese and Ayurvedic herbalism, along with additional key botanicals and supporting nutrients used with success in his practice.

**PLANETARY™**  
**HERBALS**

## Nervous System Support

MYELIN SHEATH SUPPORT is a broad-range herbal-nutrient formula that supports the nervous system with traditional Ayurvedic and Chinese botanicals as well as scientifically researched nutrients.

Vitamin B-12 is key to the MYELIN SHEATH SUPPORT formula. It plays two critical roles: 1) it is essential for normal health of blood; and 2) it may function as a coenzyme in the synthesis of either the protein or lipid part of myelin.

## Comprehensive Botanical-Nutrient Formula

**Ayurvedic botanicals:** *Ashwagandha* has been widely used throughout India for 3,000-4,000 years. It is one of the most highly regarded tonics in the 6,000-year old Ayurvedic tradition. *Bacopa* has been reported by Ayurvedic scholar Charaka to promote mental ability. Our formula contains a standardized gum guggul extract of 10%. *Guggul* is one of the most valued botanical compounds of Ayurveda. The boswellic acids in *boswellia* inhibit leukotriene synthesis. *Shilajit*, a mineral resin that oozes from steep rocks in the Himalayas, is used extensively in Ayurveda. *Curcuma* (turmeric) has been used both internally and externally in Ayurveda. *Curcuma* is included in a dosage clinically shown to inhibit a group of enzymes that influence metabolism of arachidonic acid. Arachidonic acid is an unsaturated fatty acid found in most animal fats and is a precursor of prostaglandins.

**Chinese herbs:** Included are the Chinese tonifiers *panax ginseng* and *tienchi ginseng*, as well as *licorice* extract (which is also prominent in European herbalism). MYELIN SHEATH SUPPORT delivers *panax ginseng* in amounts clinically shown to have adaptogenic (anti-stress) effects.

**Nutrients:** Vitamin B-12, central for supporting the nervous system and specifically

the myelin sheath, is included in the form of **methylcobalamin**. While a few forms of B-12 have been used clinically, it has been shown that methylcobalamin is a highly assimilable form of B-12, leading to increased retention in tissues. MYELIN SHEATH SUPPORT also includes **zinc, copper, L-selenomethionine, boron, calcium, potassium, magnesium, chromium and pantothenic acid**.

## Expert Formulator!

Alan Tillotson has been an ardent student of Ayurvedic herbalism, having engaged in an apprenticeship since 1976 with Ayurvedic scholar Mana Bajra Bajracharya, a practitioner whose family's Ayurvedic lineage dates back 700 years.

Planetary Herbals MYELIN SHEATH SUPPORT is available in bottles of 45, 90 and 180 tablets.

Planetary Herbals: More than Herbs—*Herbalism!*

## References

- Ammon, H.P.T. et al. 1993. Mechanism of anti-inflammatory actions of curcumin and boswellic acids. *J. Ethnopharmacology*: 38:113.
- Bhattacharya, S.K. 1995. Activity of shilajit on alloxan-induced hyperglycaemia in rats. *Fitoterapia* LXVI, 4:328-332.
- Linder, M.C. 1991. *Nutritional Biochemistry and Metabolism with Clinical Applications*. 2nd ed. Norwalk: Appleton and Lange, 138-143.

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\*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.