

SUMENTA TABLETS

The natural daytime anxiolytic

COMPOSITION

Each coated tablet contains:

Latin Name	Conc.	Common Name	Action
Each coated tablet contains:			
Extract of the following:			
Herpestis monniera Wh. Pl.	200 mg	Brahmi	anxiolytic
Emblica officinalis Fr.	200 mg	Amalaki	anti-oxidant
Acorus calamus Rz.	150 mg	Vacha	tranquilizing and sedative
Withania somnifera Rt.	150 mg	Ashwagandha	relaxes the nervous system and exerts anxiolytic effects as Lorazepam
Evolvulus alsinoides Wh. Pl.	150 mg	Shankhapushpi	neuron tonic, memory enhancer
Celastrus paniculatus Sd.	150 mg	Jyotishmati	Anti-oxidant
Terminalia arjuna Bk.	100 mg	Arjuna	relieves Anxiety and stress by increasing the efficiency of synaptic transmission of the GABA
Aegle marmelos Rt.	50 mg	Bilva	digestive
Nardostachys jatamansi Rt.	20 mg	Jatamansi	anxiolytic effects by reducing the stress induced elevation of Nitric Oxide levels
Valeriana wallichii Rt.	20 mg	Tagar	anxiolytic and sleep enhancing properties
Extract: Hypericum perforatum Flowering tops	22.5 mg	St. John's wort	

THERAPEUTIC RATIONALE

SUMENTA is the herbal combination of anxiolytics, anti-stress, and adaptogenic ingredients.

Bacopa monniera relaxes the nervous system and exerts anxiolytic activity comparable to lorazepam. *Valeriana wallichii* ensures quality sleep and reduces serotonin uptake. *Withania somnifera* relaxes the nerves with potent antioxidant action and acts as mood stabilizer. *Nardostachys jatamansi* has tranquilizing, neuroprotective properties and ensures anxiolytic effects by reducing nitric oxide levels. All these ingredients are proven to be effective in cases of mixed anxiety depression and associated other disorders.

A clinical trial revealed that around 80% patients on SUMENTA showed decrease in anxiety level within 6 weeks of treatment. Further, SUMENTA is a safe anxiolytic compared to benzodiazepines, as it does not cause any addiction and drowsiness.

INDICATIONS

- Mild to moderate anxiety. A mild case of mixed anxiety depression will get relief from symptoms within 3 weeks. The patient should take the drug for minimum 6 months to have complete relief.
- SUMENTA tablets are also indicated in anxiety associated with pre-menstrual syndrome, infertility, miscarriage or perinatal loss, during perimenopause.

DOSAGE

In mild to moderate anxiety: 1 tablet twice daily

ADMINISTRATION AND RECOMMENDATIONS

Practice of certain yogic postures like sarvangasana, padmasana, and shavasana is recommended.

PRESENTATION

Blister pack of 30 tablets

Important Ingredients	Action
Ashwagandha	Anxiolytic, tranquilizer, neuroprotective, calms the nervous system
Jatamansi	Tranquilizer, neuroprotective
Tagar, Brahmi	Anxiolytic