

FORTIFY YOUR NERVE HEALTH*

BEFORE
HEALTHY NERVES



AFTER
HEALTHY NERVES
WITH B-COMPLEX
IN NERVE

Dramatization of healthy nerves based on in vitro testing with B-Complex Vitamins.

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

NERVIVE NERVE RELIEF: OFFICIAL WEBSITE

Nervive Nerve relief is a supplement that helps to reduce the symptoms of nerve pain, weakness and aches. These symptoms can occur as we age. Ingredients in the supplement can reduce nerve symptoms. However, it may be better for people with pre-existing nutritional deficiencies.

**[NERVE VIVE NERVE RELIEF SUPPLEMENT:
OFFICIAL WEBSITE](#)**



What is Nervive Nerve Relief (Nervous Nerve Treatment)?

Nervive Nerve Relief, a daily supplement, is designed to relieve occasional nerve pain, weakness and discomfort

caused by structural changes that occur in the nerves as we age.

The peripheral nervous system is made up of nerves which carry messages from and to the brain, spinal cord and the rest of the human body.

The prevalence of peripheral Neuropathy is approximately 1% in the general population. However, this number can increase to 7% and more among adults over 50.

The causes of these conditions are often unknown or idiopathic. They can also be caused by chronic diseases, spinal injuries, alcohol abuse or toxins, nutritional deficiencies or other conditions.

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Nervive Nerve Relief can be taken easily - just one tablet a day with water.

The website of Nervive claims that you will feel the results after just two weeks.

Procter & Gamble's (P&G) new brand Nervive uses a formula based on Neurobion - a nerve-care supplement

containing B-vitamins that P&G sells outside the United States.

Pros

- Quantified ingredients at doses that are likely to be effective, but not toxic
- Vitamins essential for nerve health

You can also find out more about Cons

- Some ingredients may only be beneficial if you are deficient in a certain nutrient
- The cost of a product varies between retailers for no apparent reason

Ingredients Evaluation

In this review, my focus will be on the ingredients of Nervive Nerve Relieve Original.

The Original Nervive Nerve Relieving contains:

- Thiamin (1.2mg)
- Vitamin B6 (1.7 mg)
- Vitamin B12 (2.4 mg)
- Calcium (27 mg).
- Alpha-Lipoic acid (600 mg).
- Blend of Turmeric root extract and Ginger root (30 mg) for Nerve Relief

Thiamin (thiamin mononitrate 1.2 mg).

Scientists were the first to identify thiamin. A thiamin-deficiency may lead to a condition known as beriberi. (3)

Alcoholic neuropathy, a neurologic disorder caused by chronic alcohol abuse, is partly related to thiamin deficiencies. (4)

To prevent the progression of neuropathy, it is also recommended that you take thiamine supplements in addition to quitting alcohol consumption.

A small study found that thiamine (orally and intravenously) supplementation improved neuropathy symptoms in the majority of patients after 3-6 months. (5)

It is evident from research that nerve health depends on adequate thiamin.

Vitamin B6 (pyridoxine Hydrochloride 1.7 mg).

Vitamin B6 is also a water-soluble vitamin. Chickpeas and bananas are good sources of vitamin B6. (6)

Vitamin B6 helps in the production of neurotransmitters and myelin, which is a substance that protects nerves and speeds up communication between neurons.

Getting enough B6 may help to reduce symptoms related to the nervous system or brain.

Vitamin B12 (as cyanocobalamin, 2.4 mg)

Vitamin B12, a water-soluble nutrient, is found in foods derived from animals, such as meat, fish, dairy products, fortified cereals, and nutritional yeast.

B12 plays a role in the nervous system's nerve metabolism, DNA synthesis and other pathways.

This essential vitamin deficiency can lead to a variety of neurological disorders including neuropathy, polyneuritis, myelopathy, (spinal injury due to compression), nerve damage in the eyes, and impaired cognition.

A systematic review in 2020 of the use vitamin B12 to treat peripheral nerve pain revealed that B12 could be effective for some types of neuropathy. (8)

B12 may be beneficial for treating painful peripheral nerves. However, larger studies using better methods are needed to confirm the effectiveness of B12 in neuropathy treatments.

Calcium (27 mg).

The amount of calcium in this supplement, while it has many benefits for bone and muscles health, is not sufficient to be considered as an active ingredient.

Alpha-Lipoic acid (600 mg).

Alpha-lipoic Acid (ALA) is a short chain fatty acid that your body makes in the mitochondria. It helps metabolize nutrients. (9)

ALA neutralizes reactive oxygen species and regenerates other antioxidants such as vitamin E.

In clinical studies, ALA 600 mg supplementation improved neuropathy symptoms such as numbness and burning. It also improved the overall quality of life.

Long-term ALA supplements may slow the progression of nerve injury.

More research is needed on how much ALA to use to reduce nerve pain.

Turmeric (*Curcuma longa*) Rhizome Extract

Turmeric is a tropical plant that originated in South Asia. It is used both as a spice for cooking and its medicinal properties.

The main antioxidant found in turmeric is curcumin. It has a variety of functions, including prevention and treatment for chronic diseases. (11)

Curcumin has been shown in cell and animal research to be an effective way of promoting the generation of peripheral nerves and protecting neurons from degeneration caused by inflammation or oxidative stress.

Curcumin has been studied in a limited number of human clinical trials. However, curcumin supplements may reduce pain medication and improve neuropathic scores. (12)

For the benefits of research to be more pronounced, it needs to be strengthened.

Ginger (*Zingiber officinale*) Extract Root

Ginger is a plant native to Southeast Asia. It is used both as a spice in cooking and for its medicinal qualities.

Ginger is a powerful analgesic, anti-inflammatory, and antioxidant.

The review, which was conducted in 2020, found that ginger can be used to relieve pain both orally and topically. (13)

The studies were limited by the inconsistency between dosages, study designs, and methods of use.

A study on diabetic mice published in 2020 found that 6-shogaol was an active compound in ginger extract. It reduced the activity of inflammation enzymes in spinal cord. (14)

We cannot assume that ginger has the same efficacy as it does in animals because the majority of the research was done on animals.

Side effects and safety

In a 2020 meta-analysis of the safety of ALA supplements, it was found that ALA supplements (between 100 mg and 2400 mg) were not associated with a higher risk of adverse side effects compared to placebo. (15)

ALA toxicity is rare and has been associated with neurologic symptoms, EKG changes and metabolic acidosis in one instance. (16)

ALA can be used in certain circumstances. You should not take ALA supplements if you suffer from liver disease, diabetes or thyroid disorders, have a thiamine shortage, or drink excessive amounts of alcohol.

Before taking this supplement, individuals who fall into one of these categories are advised to consult their doctor.

Turmeric and curcumin in oral doses are not toxic. (18)

Curcumin can cause mild side effects, such as nausea, headaches, diarrhea and yellow stools. (11)

The majority of ingredients are not high-dosed, reducing the risk of side effects and toxic intake.

A search of P&G's website revealed a little more information.

P&G products are made with sustainable ingredients and toxicants are avoided as much as possible.

I could not find any mention on their Smart Label page of Nervive's third-party testing.

It is best to consult your doctor if you are experiencing nerve problems before taking dietary supplements.

Supplement Facts		
Serving Size: 1 Tablet		
Servings Per Container: 30		
Amount Per Serving		% DV
Calories	5	
Total Carbohydrate	1 g	<1%*
Thiamin (as thiamin mononitrate)	1.2 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	1.7 mg	100%
Vitamin B ₁₂ (as cyanocobalamin)	2.4 mcg	100%
Calcium	27 mg	2%
Alpha-Lipoic Acid	600 mg	†
Nerve Relief Herbal Blend	30 mg	†
Turmeric (<i>Curcuma longa</i>) rhizome extract, Ginger (<i>Zingiber officinale</i>) root extract		
* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value (DV) not established.		
Other Ingredients: Microcrystalline cellulose, dicalcium phosphate, hydroxypropyl methylcellulose, croscarmellose sodium, magnesium stearate, silicon dioxide, hydroxypropyl cellulose, stearic acid, calcium silicate, FD&C Blue No. 2 Aluminum Lake, medium chain triglycerides oil, glycerin, flavors		

What to Buy and at what price?

Nervive Nerve Relief can be purchased online or in stores at Walgreens Amazon and Walmart.

A 30-day supply of Nervive Nerve relief costs around \$20 if you buy through Walmart or Amazon.

If you buy the product through Walgreens it is slightly more expensive, at around \$27 a bottle.

Walgreens' price for this product is higher than other retailers. It is important that customers are aware of this to save money.

There is no standard policy for returns because this product is only sold by commercial retailers.

You should check with the retailer to find out their return policy.

Nerve Nerve Relief Compared to Alternatives

Multiple products can be used to relieve nervous tension, either at night or during the day. However, it is not recommended that you take them both together.

Nervive Nerve Relief is priced fairly and in fact, it's cheaper than other nerve health supplements.

The price of some Alpha-lipoic Acid supplements, such as those by Thorne is higher than that of Nervive Nerve Relief.

Some nerve pain supplements contain benfotiamine to provide thiamine. This may be the best option for achieving results.

Benfotiamine, a derivative of thiamine that has a better bioavailability than thiamine, was shown to be effective in reducing diabetic peripheral neuropathy. (19)

Some blends included acetyl L-carnitine which has been shown to be effective in treating painful peripheral neuropathy symptoms compared with placebo. (20)

The Bottom Line

Nervive Nerve Relief, a supplement, is designed to relieve occasional nerve pain, weakness and discomfort associated with aging.

The effectiveness of the supplement will depend on whether you have a risk of nutrient deficiency.

You may still get some benefits from alpha-lipoic Acid, Turmeric Extract and ginger root extract but that's only half the ingredients.

If you are buying the Nervive Nerve Relief pm, it will not contain ginger or turmeric. In this case, it may be that there is only one active ingredient providing some benefits to nerve health.

Nervive Nerve relief is a supplement which may help some people who are deficient in nutrients, but it's not something I recommend for everyone with nerve pain.

Speak to your doctor about whether Nervive supplements can help with your nerve symptoms.

To discuss any concerns about your health, it is best to consult with your doctor.



BUY NOW!

