

# Fact Sheet



## NERO™ HYDRATION

- Helps the body's cells retain moisture and manage fluids
- Protects from symptoms of mild dehydration
- Relieves headaches due to mild dehydration
- Speeds recovery from illness
- Eases dryness due to menopausal hot flashes

For the athlete, adventurer or others who work and play outside, Nero™ is a perfect companion. Even before you feel thirsty, mild dehydration can cause fatigue, and alter your mood, energy level, and ability to think clearly. Nero™ can be thought of as herbal electrolytes, is cooling to the body, and has protective and regenerating effects. Comprised of herbs that Chinese medicine describes as “fluid generating”, Nero™ increases the ability for cells to retain moisture and balances fluid distribution nourishing skin, muscle, joints, and organs. A lack of, or mal-distribution of these “fluids” cause symptoms such as dry skin, dry cough, thirst, burning pain in the stomach, constipation, dark urine, night sweats and some types of insomnia. Use Nero™ during times of any fluid loss, via work, exercise, menopausal hot flashes, illnesses with fever, or other loss of fluids (vomiting, diarrhea).

Zoi Medicinals™ tinctures are alcohol (27%) and vegetable glycerin (10%) extracts of non-toxic herbs. All herbs used in the manufacturing of Zoi Medicinals™ products have been tested for heavy metals, bacteria, fungus, and pesticides.

### How to use Nero™

- Use standard dose daily for daily hydration
- Use standard dose daily for illness recovery
- Use standard dose every 2 hours with water consumption in hot weather or when at risk for heat exhaustion.

### Dosage

Liquid tinctures are rapidly absorbed by the body and may be taken directly by mouth or in a small amount of water or juice. If alcohol content is a concern, a standard dose (1.5 ml) in one cup of water dilutes the alcohol content to less than 0.5%.

The standard, adult dose is three droppers full (1.5 ml) three times a day, or as directed by your health care professional. A dropper full is drawn by full compression of the dropper bulb (the dropper may not appear “full”).

- Standard adult dose (100-150 lb) – 3 droppers full (1.5 ml), three times a day.
- Standard adult dose (>150 lb) – 4 droppers full (2.0 ml), three times a day.
- Standard child dose (30-100 lb) – 1 dropper full (0.5 ml), three times a day.

For some, it may take several weeks to notice an effect. Consistency is more important than dose, so we encourage you to take some tincture each day even if you can't keep to a regular schedule. As your body responds to the tincture, you may decrease the dose, accordingly.

### Cautions

- Seek medical attention with high fever (>103°F), heat exhaustion/stroke, or severe dehydration
- Consult a medical professional if pregnant or

breastfeeding.

- Not to exceed five droppers full at a time.
- Discontinue use if any new symptoms appear, including symptoms of allergic reaction.
- If experiencing minor headache or digestive discomfort, reduce the dosage to 1/3 of starting dose. Gradually increase the dosage each day until you reach to the desired dosage.
- Every body is different and herbs alter internal processes, so your best dosage may change while you're using the product or between uses (always stay within the recommended dosage range).

### Biomedical Details

Nero™ is comprised of herbs which traditional Chinese medicine describes as “**generating fluids**”; however, biomedical research on hydration functions of these herbs is scant. One recent human used ophiopogon tuber as a single herb and a component of herbal formulas to treat an autoimmune disease causing dryness, Sjögren's syndrome (1). Research does show that many of the herbs in Nero™ have **anti-inflammatory, antioxidant, neuroprotective** and other beneficial properties (2, 3, 4, 5).\*

### Ingredients & Traditional Chinese Medicine View

- **Tian Men Dong (Asparagus Root, *Asparagus cochinchinensis*)** is cold and enters the KI and LU channels; nourishes Kidney Yin, clears Lung Heat, sedates Fire, moistens Lungs, generates Fluids and resolves Phlegm.
- **Mai Men Dong (Ophiopogon Tuber, *Ophiopogon japonicas*)** is cool and enters the HT, LU, and ST channels; moistens the Lungs, nourishes Yin, stops cough, nourishes Stomach Yin, generates Fluids, moistens Intestines, clears Heart and eliminates irritability.
- **Hei Zhi Ma (Black Sesame Seeds, *Sesame nigrum*)** is neutral and enters the KI, LIV and LI channels; nourishes and fortifies Liver and Kidney Yin, nourishes Jing and Blood, extinguishes Wind, moistens and lubricates Intestines and Lung.

- **Shan Yao (Chinese Yam Rhizome, *Dioscorea oppositae*)** is neutral and enters the KI, LU, and SP channels; tonifies Spleen, nourishes Stomach Yin, stops diarrhea, tonifies Lung Qi, nourishes Lung Yin, tonifies Kidney Yin and astringes Jing.
- **Bo He (Field Mint, *Herba menthae haplocalycis*)** is cool and enters LU and LIV channels, disperses Wind-Heat, cools and clears the head and eyes, benefits the throat, vents rashes, relieves Liver Qi Stagnation, and expels turbid filth.
- **Da Zao (Jujube, Chinese Date, *Ziziphus jujube*)** is warm and enters the SP and ST channel; tonifies the Spleen and Stomach, augments Qi, and nourishes Blood and calms the Spirit.
- **Fang Feng (Siler Root, *Ledebouriella sesloidis*)** is warm and enters the BL, LIV, SP, and LU channels; releases the Exterior, expels external Wind, expels Wind-damp, alleviates pain, expels internal Wind, stops spasms, relieves diarrheas and stops bleeding.
- **Tian Ma (Gastrodia Rhizome, *Gastrodia elata*)** is neutral and enters the LIV channel; extinguishes Wind, calms the Liver, stops spasms and tremors, subdues rising Liver Yang, alleviates pain and disperses Wind-Damp Bi.
- **Lu Gen (Reed Rhizome, *Phragmites communis*)** is cold and enters the LU and ST channels; clears Heat and irritability from the Lungs and Stomach, generates Fluid, regulates Stomach Qi, relieves thirst, stops vomiting, clears Heat, promotes urination, vents rashes and relieves food poisoning.

#### References

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2. Huang, W., Wang, Y., Jiang, X., Sun, Y., Zhao, Z., Li, S. 2017. Protective Effect of Flavonoids from *Ziziphus jujuba* cv. Jinsixiaozao against Acetaminophen-Induced Liver Injury by Inhibiting Oxidative Stress and Inflammation in Mice. *Molecules.* Oct (20):22-32. <http://www.mdpi.com/1420-3049/22/10/1781>
3. Yeon, L.D., Byung, K.C., Taesook, Y., Myeong, S.C., Hye, W.L., Lee, A.Y., Kim, H.K. 2009. Anti-inflammatory effects of *Asparagus cochinchinensis* extract in acute and chronic cutaneous inflammation. *J. Ethnopharm.* (121,1):28-34. <https://www.sciencedirect.com/science/article/pii/S0378874108003607?via%3Dihub>
4. Chen, J., Liu, X., Li, Z., Qi, A., Yao, P., Zhongyu, Z., Dong, T.T.X., Tsim, K.W.K. 2017. A Review of Dietary *Ziziphus jujuba* Fruit (Jujube): Developing Health Food Supplements for Brain Protection. *Evid Based Complement Alternat Med.* Article ID 3019568, 10 pages <https://www.hindawi.com/journals/ecam/2017/3019568/>
5. Liu, Y., Gao, J., Peng, M., Meng, H., Ma, H., Cai, P., Si, G. (2018). A Review on Central Nervous System Effects of Gastrodin. *Frontiers in Pharmacology*, 9, 24. <https://www.frontiersin.org/articles/10.3389/fphar.2018.00024/full>

**\*This product is not intended to diagnose, treat, cure, or prevent any disease.**