

# EZOV™

## Applications

- Neurological Support
- Emotional Balance



## Introduction

**NutraMedix Ezov™** is a hydro-ethanol extract made from the aerial parts of hyssop (*Hyssopus officinalis*), which belongs to the Lamiaceae family.<sup>1</sup> Hyssop is native to Western Asia and Southern Europe.<sup>2</sup> Common names include hyssop, herbe de Joseph, herbe sainte, and many others.<sup>1</sup>

**Hyssop** has been used for centuries in traditional health practices, including in India and Persia, and is known in Unani traditional health practices as Zufa.<sup>3-5</sup> Hyssop contains phenolic compounds, sterols and triterpenes,<sup>2,5</sup> and is traditionally used for respiratory and gastrointestinal support.<sup>6</sup> Major constituents include pinocamphone and beta-pinene.<sup>7</sup>

**NutraMedix Ezov** is made at our U.S. manufacturing facility using a specialized proprietary extraction process that optimizes the constituents of the herbs in their original, unprocessed state to obtain broad-spectrum concentration. Because our extracts are made in our own facility, we control all aspects of quality, including stringent ID testing, microbial testing, and heavy-metal testing. NutraMedix rigorously follows current good manufacturing practices (cGMP), as do our suppliers.

## Neurological Support

**Hyssop** may help with calming neurological support, contributing to emotional balance.<sup>7</sup> In

a mouse study, hyssop essential oil offered calming support.<sup>7</sup> In muscle cells from rabbits and guinea pigs, hyssop helped support healthy muscle relaxation.<sup>7</sup>

In addition, the synergistic effects of various hyssop constituents may support plasma membrane relaxation and healthy neurological signaling.<sup>7</sup> Both hydroalcoholic and aqueous hyssop extracts supported normal neurological signaling in rats, attributed to the expression of GABA<sub>A</sub> receptors.<sup>8,9</sup>

## Safety and Cautions

**Hyssop** is generally well tolerated, and side effects are rare. It is generally recognized as safe (GRAS) in the U.S.<sup>1</sup> More hyssop studies are needed.<sup>1</sup>

Hyssop has no currently known drug interactions.<sup>1</sup> In individuals allergic to other plants in the Lamiaceae family, cross-reactivity may be possible.<sup>10</sup> Hyssop is contraindicated in pregnancy, as it may have uterine-stimulant and menses-stimulant properties.<sup>1</sup>

Safety is not documented in breastfeeding or pregnant women, or in children under age 3, due to insufficient safety research.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, or prevent any diseases.

# References

<sup>1</sup>NatMed Pro. (2023). Hyssop [monograph]. <http://naturalmedicines.therapeuticresearch.com>

<sup>2</sup>Skrzypek, Z., & Wysokińska, H. (2003). *Zeitschrift fur Naturforschung. C, Journal of Biosciences*, 58(5-6), 308-312.

<sup>3</sup>Tahir, M., et al. (2022). *Drug and Chemical Toxicology*, 45(1), 291-300.

<sup>4</sup>Javadi, B., Sahebkar, A., et al. (2017). *Current Pharmaceutical Design*, 23(11), 1623-1632.

<sup>5</sup>Nile, S.H., Nile, A.S., et al. (2017). *Biotech*, 7(1), 76.


<sup>6</sup>Felter, H.W., & Lloyd, J.U. (1898). King's American Dispensatory, 18<sup>th</sup> ed. Ed. Henriette Kress. <http://ibiblio.org/herbmed/eclectic/kings/intro.html>

<sup>7</sup>Sharifi-Rad, J., Quispe, C., et al. (2022). *Oxidative Medicine and Cellular Longevity*, 2022, 8442734.

<sup>8</sup>Fatahinezhad, N., Lorigooini, Z., et al. (2022). *Neurochemical Research*, 47(12), 3792-3804.

<sup>9</sup>Gholami, M., Jafari, F., et al. (2020). *Avicenna Journal of Phytomedicine*, 10(3), 213-221.

<sup>10</sup>Benito, M., Jorro, G., et al. (1996). *Annals of Allergy, Asthma, & Immunology*, 76(5), 416-418.


**NutraMedix.** 

**SHAKE WELL BEFORE EACH USE:**  
Put 1 to 15 drops in 4 oz (120mL) of water and wait one minute before drinking. Start with 1 drop daily just before bedtime, and add 1 drop every 3 days or as tolerated until reaching 15 drops, or as directed by your physician. Stop use if adverse reactions develop. Keep out of reach of children.


**Supplement Facts**  
Serving Size 15 drops  
Servings Per Container 40

Amount Per Serving	
Hyssop herb extract	0.75 mL*
*Daily Value not established	

**Other ingredients:** mineral water, ethanol (20-24%)

**NutraMedix**   
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561-745-2917

**EZOV™**  
EMOTIONAL BALANCE  
Dietary Supplement  
1 fl oz. (30mL)

  
7 28650 02890 7

V364455  
Lot #  
Exp.