



# StressCalm Px

*Stress management support*



According to the American Psychological Association, over 75% of Americans are experiencing physical and psychological symptoms as a result of daily internal and external stress.

## Formulation Features

**Ashwagandha** (*Withania somnifera*) withanolides are credited with the ability to reduce mild stress and occasional anxiety.

**California Poppy** (*Eschscholzia californica*) is used for parasympathetic support.

**Catnip** (*Nepeta cataria*) contains terpene nepetalactone and iridoid glycosides, both credited with calming effects on the nervous system.

**Lavender** (*Lavendula officinalis*) essential oils are credited with mood balancing effects due to activity on serotonin receptors.

**African Snake Root** (*Rauwolfia serpentina*) contains alkaloids which act via the central nervous system by reducing sympathetic tone and increasing parasympathetic activity.



## Supplement Facts

Serving Size: 2 capsules

Servings Per Container: 37

	Amount Per Serving	% Daily Value
Ashwagandha root extract 10:1 ( <i>Withania somnifera</i> )	1000 mg	†
Organic California Poppy ( <i>Eschscholzia californica</i> )	200 mg	†
Organic Catnip herb ( <i>Nepeta cataria</i> )	100 mg	†
Organic Lavender flower ( <i>Lavender angustifolia</i> )	60 mg	†
African Snake Root ( <i>Rauwolfia vomitoria</i> )	24 mg	†
Organic Lemon Balm ( <i>Melissa officinalis</i> )	6 mg	†

All Organic Herbs are Certified Organic

† Daily Value not established

**Other Ingredients:** Vegetable Capsule (cellulose), Organic Rice Flour

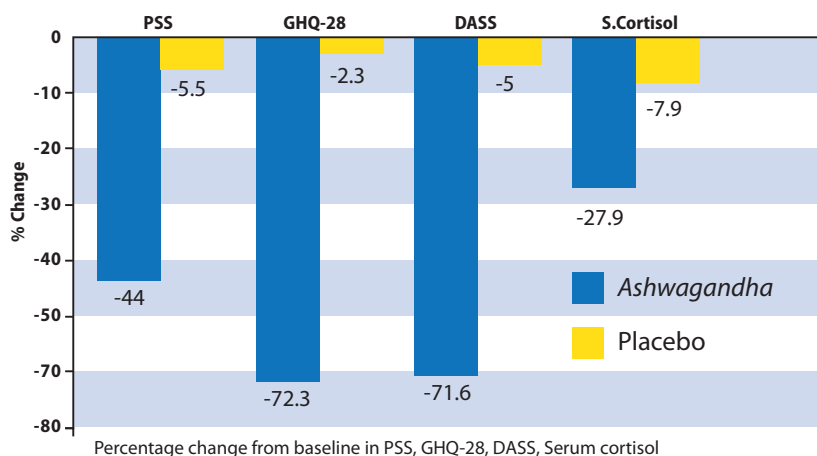
95% of our herbs and herbal extracts are certified organic or ecologically wildcrafted.

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The statements on this page have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.



Significant improvement in three separate scales of psychological well being and serum cortisol levels with Ashwagandha\*



\*A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of ashwagandha root in reducing stress and anxiety in adults.

Indian J Psychol Med. 2012 Jul; 34(3):255-62

Research on standardized extracts of Ashwagandha indicate a modulating activity on the negative effects of stress. Many human studies include reports of increased energy, reduced fatigue, better sleep and an enhanced sense of well-being.

In this double blind placebo controlled study, 64 subjects with a history of chronic stress were given 300 mg of a standardized extract of Ashwagandha twice daily for 60 days.

Outcomes included improved Perceived Stress Scale or PSS, which is the most commonly used psychological scale of assessing self perception on the level of stress. Also, included in the outcome measures were the General Health Questionnaire-28 which has four subsets including anxiety, insomnia, social dysfunction and anxiety stress scale or DASS.

## Supplementation

- Take one to two capsules twice daily or as directed by your health care practitioner, but do not exceed four capsules in a 24-hour period. Can be taken with or without food.
- Monitor blood pressure, especially at higher dosages.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Eat small frequent meals with protein to maintain optimal blood sugar levels
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep minimum of 7-8 hours per night

### REFERENCE:

Kuboyama T, Tohda C, Komatsu K. *Br J Pharmacol.* 2005 Apr; 144(7):961-71.

Bhattacharya SK, Bhattacharya A, Sairam K, Ghosal S. *Phytomedicine.* 2000 Dec; 7(6):463-9.

Evid Based Complement Alternat Med. 2013; 2013: 681304. Peir Hossein Koulivand, 1 Maryam Khaleghi Ghadiri, and Ali Gorji 3

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