

# Resolaxin



Herbal Anti-Anxiety & Anti-Tension Formula | VA-082 / VA-097

## Key Features:

- Natural herbal combination that works via binding of the GABA receptors to promote the mind and muscle relaxation.
- Wild jujube seed, a Traditional Chinese Medicine herb used for calming the mind, improving restless sleep and reducing the high blood pressure caused by stress.
- Contains L-theanine to induce a sense of inner calm without reducing the alertness.

## Indications:

- For people suffering from stress due to work and/or relationships.
- For people with anxiety or nervousness, or those who are high-strung/agitated.
- For people who suffer from tension headaches, or skeletal/smooth muscle spasms

## Recommended dose:

- Take 1-2 capsules three to four times a day as needed for calming effect.
- For people who suffer from restless sleep or inability to sleep due to worries, anxiety, or stress.

## Focus dose:

- Take 2-3 capsules 1/2 to 1 hour before sleep as needed

## Description:

Generalized anxiety disorder (GAD) is characterized by excessive, exaggerated anxiety and worry about everyday life events which causes headache, muscle tension, elevated blood pressure and sleeplessness. People with GAD typically suffer from fatigue, impairment in workplace performance, migraine or tension headache, and chronic stress. Stress is known to have detrimental effects on immunity and may increase susceptibility to infectious agents, worsen the severity of infections, and reduce the response to vaccines and the rate of healing.<sup>1</sup>

**Resolaxin** improves the symptoms of anxiety disorder with its synergistic herbal formulation through different mechanisms. Resolaxin can calm and ease the over-stimulated central nervous system by binding to the GABA receptors to promote feelings of tranquility, and relax both skeletal and smooth muscles.

Resolaxin also has cholinergic receptor binding properties, which modulate mood and cognitive performance. It increases alpha brain wave activity – a measure of relaxation and decreased anxiety - coupled with increased focus and mental alertness.

## Chamomile

Chamomile has been used for years as a soothing tea for people with problems sleeping or relaxing. Chamomile contains apigenin

## Quantity: 56/112 Vegetarian Capsules

### Ingredients (per capsule):

(Each capsule contains **3180 mg** Dried Herb Equivalent)

Chamomile Extract ( <i>Matricaria chamomilla</i> ) (6:1).....	120 mg
(flower) (1% apigenin) (equivalent to 720 mg dried herb)	
Lemon Balm Extract ( <i>Melissa officinalis</i> ) (leaf) (5:1).....	60 mg
(5% rosmarinic acid) (equivalent to 300 mg dried herb)	
Wild Jujube Extract ( <i>Zizyphus spinosa</i> ) (seed) (18:1).....	110 mg
(2% triterpene saponins) (equivalent to 1980 mg dried herb)	
Passion Flower Extract ( <i>Passiflora incarnata</i> ) (4:1).....	45 mg
(flower) (equivalent to 180 mg dried herb)	
L-Theanine (from <i>Camellia sinensis</i> ) (leaf).....	40 mg
Magnesium (from magnesium citrate).....	25 mg
Vitamin B6 (pyridoxine hydrochloride).....	5 mg

**Non-medicinal Ingredients:** Silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:** Take 3 capsules daily, preferably before meals, or as directed by a health care practitioner.

which binds to the GABA receptors, calming the stimulation of the central nervous system.<sup>2</sup> This soothes a restless/nervous mind and relaxes muscle tension while promoting feelings of calm and tranquility.

In an investigation of the treatment of hypertension in hospitalized patients using chamomile, chamomile tea (2 to 4 g of dried flowers) given three times a day was able to induce sleep in 83% of patients.<sup>2</sup>

## Lemon Balm

Lemon balm is used as a mild sedative for disturbed sleep and in the attenuation of nervous disorder symptoms, including excitability, anxiety, and stress.<sup>3</sup> Several studies suggest the sedative, anti-agitation, and calming effects of lemon balm, as well as its ability to relax smooth muscles.<sup>4</sup>

Lemon balm also has cholinergic receptor binding properties and can modulate mood and cognitive performance. The effects of lemon balm is due to both its essential oil (including rosmarinic acid) and flavonoid



(such as apigenin) components.<sup>5</sup> Lemon balm is capable of inducing a mood-state compatible with the induction of sleep.

### **Wild Jujube**

Known in Chinese as Suan Zao Ren, the seed of the Jujube (*Zizyphus spinosa*) has been widely used in Chinese traditional medicine for the treatment of insomnia and anxiety.<sup>6</sup> It acts by decreasing the monoaminergic activities in the brain. It has anxiety-relieving effects at low doses and sedative effect at higher doses. Jujube contains flavonoids and saponins which are responsible for its sedative and hypnotic effects.

### **Passionflower**

Passion flower has been used for centuries as a natural remedy for insomnia. It has been shown to relieve anxiety, restlessness and mild sleeplessness, as well as pain.<sup>7</sup> Passion flower contains several active constituents, including the flavonoids apigenin and vitexin.

A 4-week study comparing passion flower with the prescription drug oxazepam for treating generalized anxiety disorder found both to be equally effective, but that there was substantially lower incidence of impaired job performance with passion flower.<sup>8</sup>

### **L-Theanine**

L-theanine is an amino acid found predominately in green tea and has a remarkable effect on relaxation.<sup>9</sup> It has been shown to increase alpha brain wave activity, which is a measure of relaxation and decreased anxiety, coupled with increased focus and mental alertness. L-theanine also leads to increased creativity, improved performance under stress, improved learning, and improved concentration.

### **Magnesium**

Magnesium plays an important role in muscle relaxation, and serotonin and other neurotransmitter production and regulation. Magnesium helps to prevent tension headaches caused by stress and promote muscle relaxation. It has been shown that migraine and tension headache sufferers have lower amount of magnesium in the body.<sup>10</sup>

A clinical study showed that supplementation of oral magnesium daily for 12 weeks significantly reduced the frequency of headache by 41.6% and also reduced the severity, duration and associated drug intake.<sup>11</sup>

### **Vitamin B6**

Vitamin B6 boosts the central production of the neurotransmitters serotonin and GABA. Serotonin and GABA are crucial for

controlling mood, pain perception and anxiety. A deficiency of vitamin B6 increases sympathetic activity, which results in pupil dilation, increased sweating, increased heart rate, and increased blood pressure. Administration of vitamin B6, however, reduces sympathetic outflow. This leads to a relief of anxiety symptoms and relaxation of the body and mind.<sup>12</sup>

### **Reference:**

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### **Caution**

Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks, or if other symptoms persist or worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consumption with alcohol, other medications or health products with sedative properties is not recommended. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Hypersensitivity is known to occur; in which case, discontinue use.

**For Education Purpose Only:** The entire contents are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this presentation. All statements in this article have not been evaluated by the Food and Drug Administration and are not intended to be used to diagnose, treat, or prevent any diseases.