



StressCalm Px

Stress management support



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Formulation Features

- **Certified Organic Ashwagandha** (*Withania somnifera*) withanolides are credited with the ability to reduce mild stress and occasional anxiety.
- **Certified Organic California Poppy** (*Eschscholzia californica*) a traditional calming nervine included for parasympathetic support.
- **Certified Organic Catnip** (*Nepeta cataria*) contains the terpene nepetalactone and iridoid glycosides, both credited with calming and relaxing effects on the nervous system.
- **Certified Organic Lavender** (*Lavandula officinalis*) essential oils are credited with mood balancing effects due to activity on serotonin receptors.

FORMULA

Each/Chaque vegi-capsule contains:

Ashwagandha root/racine (<i>withania somnifera</i>),0	400 mg
Ashwagandha root/racine extract 10:1 (<i>withania somnifera</i>),0	100 mg
California Poppy herb top, pavot de Californie (<i>eschscholzia californica</i>),0	100 mg
Catnip herb top, cataire (<i>nepeta cataria</i>),0	50 mg
Lavender flower, fleur de lavande (<i>Lavandula angustifolia</i>),0	30 mg
Lemon balm herb top, mélisse (<i>melissa officinalis</i>),0	3 mg

0=Certified Organic

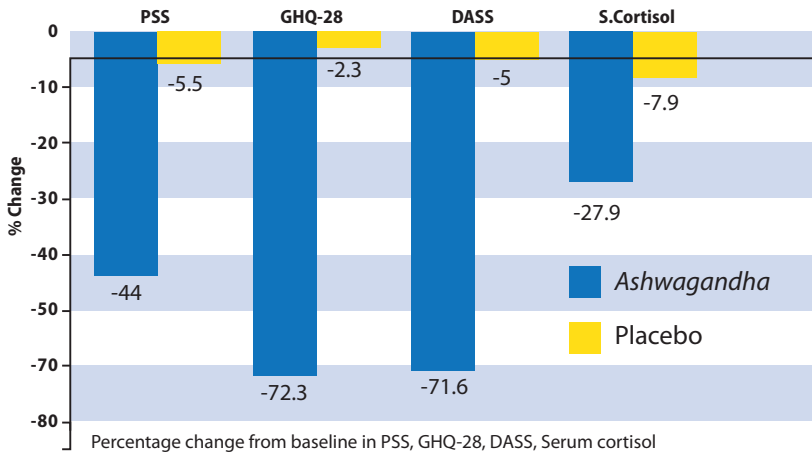
Non-Medicinal Ingredients: hypromellose vegi-capsule
Ingredients non médicinaux: hypromellose vegi-capsule



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

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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

Ashwagandha is one of the best and most widely known botanical adrenal tonics, which is used traditionally in India for exhaustion, emaciation, memory loss, muscle weakness, overwork and sleeplessness.

Research on standardized extracts of Ashwagandha indicates the ability to attenuate the negative effects of stress. For example, it can balance elevated levels of the stress hormone cortisol.

Various human studies include reports of increased energy, reduced fatigue, improved sleep, and enhanced sense of well-being.

In a 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.

Assessment methods included the Perceived Stress Scale (PSS), which is the most commonly used psychological scale for assessing self perception of stress level and the General Health Questionnaire-28 which has four subsets including anxiety, insomnia, social dysfunction and anxiety stress scale (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
- 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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