

DESCRIPTION:

Nutra-Calm was formulated to be a safe, effective and non-habit forming formula that addresses both muscle tension and pain. It is free of side effects and won't cause a hangover effect like many OTC's and prescription drugs. Standardized herbs were used for increased potency and consistent results. **Nutra-Calm** uses the CDS capsule delivery system for a quicker effect, better bioavailability and absorption.

Nutra-Calm is 5 Formulas in one:

1. **Nutra-Calm** is a *muscle relaxant*
2. **Nutra-Calm** is a *pain reliever*
3. **Nutra-Calm** is an *emotional relaxant*
4. **Nutra-Calm** is a *sleeping aid*
5. **Nutra-Calm** is a *digestive tract calmativ*

ACTIVES:

Valerian- Experiments done with valerian show it to have sedative, anxiolytic, sleep inducing, spasmolytic, muscle relaxant and anti-ulcerogenic effects. These effects are thought to be due to valerian's ability to increase GABA and glutamine levels. ^{1,2,3}

Passiflora- For the past 200 years, passiflora has been used to tranquilize and settle edgy nerves. It induces sleep without causing confusion upon awakening. Passiflora has been used by women to calm nerves and induce relaxation during the periods of hormonal adjustment found during menses, parturition, and menopause. ^{4,5}

Hops, B₆, Magnesium and Calcium Lactate- are all effective, safe natural calmatives.

White Willow- Long recognized for its pain relieving, anti-inflammatory, and fever reducing properties. White Willow contains salicin, a monoglycoside of salicylic acid, which is converted in the liver to acetylsalicylic acid. White Willow provides relief without gastrointestinal toxicity. ^{6,7,8}

Fever Few- Inhibits prostaglandin activity. This inhibition of prostaglandins results in reduction of inflammation, decreased secretions of histamine, decreased activation of inflammatory cells and a reduction of fever. Reducing prostaglandins and histamines makes Fever Few effective in treating migraines by reducing spasms of blood vessels. ^{9,10,11}

Chamomile, Peppermint, and Anise Seed- are all effective calmatives that also have a very positive effect on calming upset stomach and easing digestion and nausea.

60 capsules per bottle

Two capsules provide:

Vitamin B-6 (pyridoxine HCl)	25 mg
Calcium (as lactate)	37 mg
Magnesium (as amino acid chelate)*	50 mg
Std. Valerian (root extract 0.8-1% Valeric Acid)	300 mg
Std. White Willow Bark (25% Salicin)	40 mg
White Willow Bark	300 mg
Passion Flower (4:1 Extract)	150 mg
Hops	100 mg
Std. Fever Few Extract (0.1- 0.5% Parthenolides)	100 mg
Chamomile	25 mg
Peppermint	25 mg
Anise Seed	25 mg

Other ingredients: Gelatin (from capsule), Magnesium Stearate.
*Albion Chelate

CLINICAL INDICATIONS:

- Muscle Spasms and Cramps
- Nervousness
- Anxiety
- Back Pain
- Premenstrual Tension
- Sleeplessness
- Hypertension
- Tension Headaches
- Migraines
- Irritable Bowel
- Fibromyalgia

SUGGESTED USAGE:

Take 2 capsules as needed every 4 hours with food. Not to exceed 12 capsules in a 24 hour period.

CONTRAINDICATIONS:

Aspirin Sensitivity, Depression, & Pregnancy

DRUG INTERACTIONS:

Benzodiazepines & Barbiturates

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