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 calmative

ACTIVES:

Valerian- Experiments done with valerian show it to have sedative, anxiolytic, sleep inducing, spasmylytic, 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, B., 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.

REFERENCES:


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