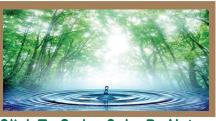
Give Your Stress
a Rest with
Calm by Nature
Herbal Formula
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# Calm By Nature<sub>IM</sub>

Calm by Nature is a specially formulated synergistic blend of herbs that promotes a calm mood. This product helps support rest, restore and replenish the nerves and adrenals, improving your body's response to stress.

# **Ashwaganda**

- Relieves insomnia and fatigue, brings relaxation
- · Helps turn anxiety into a peaceful mind
- · Rejuvenates nerves and relieves stress
- Renders energy boost to mind and body

# **Holy Basil**

- · Where there is stress there should be holy basil
- · Lowers cortisol levels, feeds & balances adrenals
- Enhances mind, body, and spirit connections
- Brings balance to the nervous system
- · Nourishes brain for clear thinking

#### Rhodiola

- Feeds adrenals, improving response to stress
- · Increases mental and physical stamina
- Increases capacity to adapt to stress
- Favorite adaptogen herb of Europe

#### **GABA**

- Promotes relaxation, well being, and feelings of calm
- Calms the brain by inhibiting over-stimulation or too many neurons firing at once
- An amino acid found mainly in the brain

#### Valerian Root

- Lessens anxiety & nervous tension
- Natural herbal remedy for anxiety
- Helps decrease restlessness
- · Works to maintain sleep

### **Capsicum Fruit**

 Catalyst to increase effective absorption of other herbs in the formula

#### 5-HTP

- · An effective remedy for insomnia
- · Helps elevate serotonin levels

#### **Lemon Balm**

- Naturally aids in concentration and ADD/ADHD
- Provides relief for depression, and sadness
- · Calms and relaxes the nerves
- Helps to minimize anxiety
- · Helps relieve insomnia

### Hops

- Aids in relaxtion and relieves insomnia
- · Aids in curbing irritability and tension
- Mild sedative for anxiety
- Helps with restlessness

# Skullcap

- · Breaks stress and restores nerves
- Helps relieve insomnia
- Reduces inflammation
- Relief of anxiety

### **Wood Betony**

- · Relieves stress and pain
- Helps relieve anxiety
- · Eases nervousness

### **Schisandra**

- Reduces the production of stress hormones
- An adaptogen helping the body fight stress
- · Aids in normalizing blood pressure
- · Helps with nervous disorder

# Sarsaparilla Root

- Has anti-inflammatory properties
- Restores natural peace of mind
- · Stimulates natural breathing

#### **5-HTP** continued

- Helps achieve needed change in brain chemistry
- Helps with both depression and anxiety

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure or prevent any disease.

## **Valerian Root**

- · Works to maintain sleep.
- Relieves muscle spasms.
- Helps people quit smoking.
- · Helps decrease restlessness.
- Natural herbal remedy for anxiety.
- Lessens anxiety & nervous tension.

# **Capsicum Fruit**

 Catalyst to increase effective absorption of other herbs in the formula.

### 5-HTTP

- · Helps elevate serotonin levels.
- An effective remedy for insomnia.
- · Helps with both depression & anxiety.
- Helps achieve needed change in brain chemistry.

# Sarsaparilla Root

- · Stimulates natural breathing
- Restores natural peace of mind.
- Has anti-inflammatory prooperties.
- Helps promote better liver function.

### **Schisandra**

- Helps with nervous disorder.
- · Aids in normalizing blood pressure.
- An adaptogen helping the body fight stress.
- Reduces the production of stress hormones.