

Give Your Stress
a Rest with
Calm by Nature
Herbal Formula
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Calm By Nature™

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 relaxation 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

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 properties.
- 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.