



## What is PeacefulCalm?

PeacefulCalm is made with 100% natural herbs that are tested for authenticity, quality, and potency. When used properly, this formula can alleviate problems caused by excessive overthinking, anxiousness, restless sleep, feeling overwhelmed, and an overall stressful lifestyle.

## How does PeacefulCalm work?

The herbs in PeacefulCalm work synergistically to relieve stress and anxiety naturally and effectively.

## Customers taking PeacefulCalm have noticed:

- Reduced worry and anxiety
- Improved sleep at night without side effects
- Increased overall feeling of well being
- Increased sustained energy throughout the day
- Decreased incidence of palpitations
- Improved mental focus and increased productivity

## Herbal Components

The following ingredients were chosen for their unique characteristics and blended strength.

## Recommended For:

PeacefulCalm was designed for people who lay awake at night, overthinking their day. For those who are easily overwhelmed by the pressures of work or everyday life.

## Why PeacefulCalm?

Up all night? Starting to become forgetful? Feeling overworked or mental stress. How about feeling overwhelmed, difficulty focusing, restless sleep, fatigue, and experience a loss of appetite? For far too many this is a daily occurrence but PeacefulCalm may be able to help alleviate these symptoms associated with stress and anxiety. The herbs in PeacefulCalm work synergistically to relieve stress and anxiety, naturally and effectively.

## Suan Zao Ren (Jujube Seed)

Contains flavonoids and saponins that contribute to its proven anti-anxiety, calming effect, and effectiveness in reducing hyperactivity[1,2]. It protects the nervous system from oxidative stress and neuronal damage to improve cognitive function (including memory) and reduce instance of seizures[3,4]. The neuroprotective and neurostimulating properties of jujube seed have been clinically shown to support neurogenic, which could replace neurons lost to diseases such as Alzheimer's and dementia[5]. Jujube seed also lowers blood pressure with its exceptional vasodilation effect[6].

## Huang Qi (Astragalus)

It has neuroprotective properties attributed partially to isoflavonoids that protect brain cells and repair oxidative and glutamate-induced damage[7,8]. Astragaloside IV is anti-apoptotic and anti-inflammatory, which protects against cerebral ischemia injury[9,10]. Saponins in Astragalus have even been shown to inhibit cancerous tumor growth[11].

## Long Yan Rou (Scabrous Gentian)

Has an analgesic and healing effect, and it has been shown to decrease fatigue and improve energy levels[12,13]. It stimulates neuritogenesis to replace brain cells and improve brain function, which also helps improve memory[14].

## Who should take PeacefulCalm?

PeacefulCalm is recommended for those who experience symptoms associated with stress and anxiety, such as fatigue, forgetfulness, loss of appetite, difficulty focusing, feeling overwhelmed, restless sleep, and insomnia.

## Directions:

Adults, take 4 tablets three times daily, or as directed by your healthcare provider.

## References:

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# PeacefulCalm

## Supplement Facts

Serving per Bottle	50	
Serving size	4	
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Amount per serving	% Daily Value*	
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Ginseng	28 mg	DV*
Atractylodes Rhizome	30 mg	DV*
Ginger	20 mg	DV*
Astragalus Root	25 mg	DV*
Angelica Sinensis	30 mg	DV*
Hoelen	28 mg	DV*
Licorice Root	15 mg	DV*
Semen Zizyphi Spinosae	28 mg	DV*
Logan Fruit	25 mg	DV*
Senega Root	25 mg	DV*
Jujube	20 mg	DV*
Radix Aucklandiae Lappae	15 mg	DV*

**Other Ingredients:** Cellulose

\* Daily Value(DV) not established.

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