

# Anxioton

Anxiety, Sleep and Relaxation Support

**Orthoplex White Anxioton is a calming and relaxing formula designed specifically to assist with the symptomatic relief of mild anxiety, restlessness, sleeplessness and stress.**

Aiding and supporting mental relaxation, stress and sleep, Anxioton combines traditional herbal anxiolytics and nervines, Kava kava, Passionflower, Magnolia and Lemon balm with Ziziphus, Magnesium and Glycine. Ideal for individuals experiencing nervous unrest and mild anxiety, Anxioton also enhances muscle relaxation, while relieving digestive discomfort and nervous tension.

- ✓ Quality assurance: exceptional standards & standardised extracts
- ✓ Premium herbal extracts targeted for symptomatic relief of mild anxiety and stress
- ✓ Assists healthy relaxation and socialisation
- ✓ Scientifically-relevant standardised Kavalactones 50mg
- ✓ Contains additional nutritional support: Magnesium and Glycine
- ✓ Vegan-friendly and gluten free formula
- ✓ Kava chemotype tested

## Indications

- Traditionally used to relax the mind and relieve symptoms of stress and mild anxiety
- Helps relieve restlessness
- Traditionally used to promote peaceful sleep and maintain healthy sleep patterns
- Traditionally used to aid muscle relaxation

## Contraindications

CNS Depressants

Pregnancy & lactation not advised

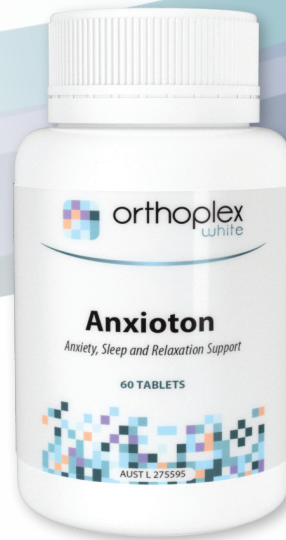
Information taken from Natural Medicines Database and accurate as of September 2019

## Excipients

Calcium hydrogen phosphate dihydrate, microcrystalline cellulose, hypromellose, magnesium stearate, povidone, croscopovidone, colloidal anhydrous silica, acacia, maltodextrin, macrogol 8000, carnauba wax.

## Warnings

Not for prolonged use. If symptoms persist consult your healthcare practitioner. Not recommended for use by pregnant or lactating women. May harm the liver. Vitamin and mineral supplements should not replace a balanced diet.



✓ Gluten Free

✓ Dairy Free

✓ Egg Free

✓ Vegan

✓ Vegetarian

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**Pack Size:** 60 tablets

**Adult Dose:** Take 2 tablets once or twice daily, or as recommended by your registered healthcare practitioner.

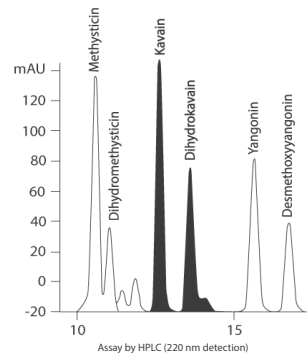
**Storage:** Store below 30°C in a cool, dry place, away from direct sunlight.



Full disclosure of excipients in every formulation

## Each Tablet Contains

Piper methysticum root (Dry Herb Equiv)	2.8g
equiv. Kavalactones	50mg
Ziziphus jujuba var. spinosa seed (Dry Herb Equiv)	3g
Passiflora incarnata herb top flowering (Dry Herb Equiv)	1.5g
Magnolia officinalis stem bark (Dry Herb Equiv)	1.5g
Melissa officinalis leaf and flowers (Dry Herb Equiv)	750mg
Magnesium amino acid chelate	250mg
equiv. Magnesium	50mg
Glycine	100mg



Independent third-party testing results

Independent third-party testing at Australia's most respected phytochemical laboratory reports:

**'Anxioton exhibits a kavalactone chemotype with a high percentage of kavain and dihydrokavain which is documented to induce a more desirable anxiolytic effect.'**

Please note Orthoplex White products can only be purchased if you are an Orthoplex White approved customer. This medicine may not be right for you. Read the warnings before purchase. If symptoms persist talk to your health professional.



[www.bioconcepts.com.au](http://www.bioconcepts.com.au)



# Technical Information

## Contains Herbs that Relieve Nervous Tension, Stress and Mild Anxiety

Stress is a common biological response experienced by people of all backgrounds, demographics and geographical locations. *Piper methysticum* (Kava kava) is a traditional Pacific island plant that has been used for centuries<sup>1,2</sup> for both ceremonial and medicinal purposes<sup>3,4</sup>. The highly regarded Kavalactone constituents have been extensively investigated in numerous clinical settings in an attempt to substantiate their long-standing traditional use, and hence provide further knowledge regarding their positive effects on relieving stress and mild anxiety states<sup>5,6</sup>. Mechanism of action investigations show that the Kavalactone constituents reach many targets that influence CNS activity and have effects on GABAergic, glutamatergic, dopaminergic and serotonergic transmission<sup>7</sup>. Additional valuable herbal medicines that have extensive documentation in the traditional literature for their ability to relieve mild anxiety and nervous tension are *Passiflora incarnata* (Passionflower), *Melissa officinalis* (Lemon balm) and *Magnolia officinalis* (Magnolia)<sup>8-14</sup>.

## Kava Assists with Healthy Socialisation

Stress, nervous tension and mild anxiety can affect people in many ways, and can be the result of both internal or external factors. In the quest to reliably document these physiological responses, several laboratory investigations have stimulated the HPA axis, with approaches including simulated social interactions and varied public speaking tasks<sup>15</sup>. *Piper methysticum* has a long history of use in Pacific island ceremonies and is reportedly consumed to convey a vast array of benefits, including welcoming important visitors and assisting with healthy socialising and mental states<sup>1,16</sup>.

## Contains Herbs that Assist with Sleeplessness, Supporting a Healthy Restful Sleep

Feeling energised and achieving a good night's sleep is at the heart of good health for many people. With increased demands and life pressures becoming more prevalent in today's society, it is no surprise that a growing number of people are looking for new and innovative ways to achieve these goals. The herbal components Kava kava, Passionflower and Lemon balm have all been extensively documented for their traditional sleep aid properties<sup>1,3,9,10,12-14,17</sup> and ability to assist with a restful night's sleep. The reported relaxation and sedative properties of these plants provide a good rationale for their inclusion into the Anxioton formulation, with the dosage and extract types carefully selected to support this important process.

## Kava is Traditionally Used to Assist with Muscle Relaxation

Traditional texts also report that *Piper methysticum* can be used for muscle relaxation and for the relief of minor muscular tension. Furthermore, Kava is traditionally used in herbal medicine to help relieve mild rheumatic aches and pains.<sup>3,18</sup>

*References available upon request.*