

Fact Sheet



XYLO™ MOOD

- Promotes calm, uplifts the spirit, and balances mood
- Eases worry, stress, and anxiety
- Protects and increases resilience of the nervous system
- Enhances cognitive functions

Whether you experience situational anxiety or just tend to be a bit nervous or down, Xylo™ can help. With a balanced mix of Western herbs exhibiting anti-anxiety, anti-depressant, adaptogenic and neuro-protective properties, and Chinese herbs with actions to “calm the spirit”, Xylo™ eases symptoms of anxiety and balances emotions. Xylo™ promotes a healthy, strong nervous system and clear thinking.

Zoi Medicinals™ tinctures are alcohol (27%) and vegetable glycerin (10%) extracts of non-toxic herbs. All herbs used in the manufacturing of Zoi Medicinals™ products have been tested for heavy metals, bacteria, fungus, and pesticides.

How to use Xylo™

- Use standard dose daily for consistent mood support and to improve the body's ability to handle stress.
- Use standard dose 4-5 times a day with increased anxiety.

Dosage

Liquid formulas are rapidly absorbed by the body and should be taken by mouth. Hold under the tongue a few moments prior to swallowing; or take in a small amount of water or juice. If alcohol content is a concern, a standard dose (1.5 ml) in one cup of water dilutes the alcohol content to less than 0.5%, or formula can be added to hot tea (alcohol will evaporate) and drink once cooled.

The standard, adult dose is three droppers full (1.5 ml) three times a day, or as directed by your health care professional. One full compression of the dropper bulb is a dropper full (the dropper may not appear “full”).

- Standard adult dose (100-150 lb) – 3 droppers full (1.5 ml), three times a day.
- Standard adult dose (>150 lb) – 4 droppers full (2.0 ml), three times a day.
- Standard child dose (30-100 lb) – 1 dropper full (0.5 ml), three times a day.

For some, it may take several weeks to notice an effect. Consistency is more important than dose, so take some each day even if you can't keep to a regular schedule. As your body responds to the formula, you may decrease the dose, accordingly.

Cautions

- With minor stomach upset, take with food.
- Do not use if pregnant or breastfeeding, unless directed by your health care practitioner.
- Not to exceed five droppers full at a time.
- Discontinue use if any new symptoms appear, including symptoms of allergic reaction.
- If experiencing minor headache or other discomfort, reduce the dosage to ⅓ of starting dose. Gradually

increase the dosage each day until you reach to the desired dosage.

- Every body is different, as the formula alters internal processes, your best dosage may change (always stay within the recommended dosage range).

Biomedical Details

Xylo™ is comprised of herbs that affect the nervous system and cognition with anti-anxiety, anti-depressive, cognitive enhancing and neuro-protective functions. Some herbs are considered adaptogens and several also have anti-inflammatory effects.

Passionflower, valerian, rhodiola, and *Gastrodia* have exhibited **anti-anxiety** effects in various studies. One clinical trial of participants with generalized anxiety disorder (GAD) showed that passionflower extract was as effective (and with less side effects) as oxazepam (30 mg/day) in reducing symptoms of anxiety. Other human studies examining passionflower's effects on pre-operative anxiety reported significant benefits in comparison to placebo and pharmaceuticals (1). Passionflower has also exhibited **sedating properties** in animal studies (2). Some evidence is indicating that the active ingredient in valerian (valerenic acid) interacts with the GABA-ergic system, with a mechanism of action similar to that of benzodiazepine drugs (3). Rhodiola is another herb with anti-anxiety functions. In clinical studies, rhodiola extract improved **mental work capacity**, attention, task performance and overall mood, while reducing stress and mild anxiety.

Gastrodia, *Reishi* and rhodiola also have reported **anti-depressant** effects. In a clinical trial of *Gastrodia*, 58 patients with post-stroke depression (PSD) were divided into two groups. Both received mirtazapine (15–30 mg/d) for 4 weeks, and one group also used *Gastrodia* as an additional therapy. Symptoms of depression improved significantly in the group that was also given *Gastrodia* (4). One study showed that a water-soluble extract of *Reishi* has antidepressant-like potential in rats (5), and rhodiola has been indicated to normalize cortisol synthesis; cortisol is involved in certain chronic immune and inflammatory diseases and in some patients with depression (6).

Adaptogenic herbs help the body adapt to stress and assist in normalizing bodily processes. Rhodiola has **adaptogenic** properties. In a clinical study of more than 100 adults, use of

rhodiola extracts resulted in significant and steady improvement in stress symptoms, fatigue, quality of life, mood, concentration, disability, and functional impairment (6).

Schisandra, skullcap, jujube, and lotus seed also have **neuro-protective** properties (7, 8, 9, 10). Cognitive enhancement and anti-inflammatory properties have been seen with schisandra (7), and jujube promotes memory and learning (9). Other herbs that have exhibited **cognitive enhancement** functions include, rhodiola, and lotus seed. Rhodiola extract improved mental performance in people with stress-related fatigue and improved symptoms of chronic fatigue symptoms (6). *Gastrodia*, arbor vitae seed, and other herbs in Xylo™ have **anti-inflammatory** effects (4, 11).*

Ingredients & Traditional Chinese Medicine View

- **Skullcap Leaf (*Scutellaria lateriflora*)** is cold, enters the LU, ST, GB, and LI channels, clears Heat and dries Damp, drains Fire and detoxifies, cools the Blood and stops bleeding, clears Heat, calms the fetus, and calms ascending Liver Yang.
- **Xi Fan Lian (Passion flower, *Passiflora incarnate*)** is not included in the Chinese materia medica, but has been described as cool, enters HT and LIV channels; calms the Shen, tonifies Yin.
- **Wu Wei Zi (Schisandra Fruit, *Fructus schisandrae*)** is warm, enters the HT, KI and LU channels and all five Zang organs; tonifies Qi, astringes Lung Qi leakage and stops coughing, tonifies Kidney and binds Essence, astringes sweat and generates fluids, quiets the Spirit, and calms and contains Heart Qi.
- **Xie Cao (Valerian Root, *Valeriana officinalis*)** is warm and enters the LIV and HT channels, induces tranquilization, stops bleeding and alleviates pain.

- **Ling Zhi (Reishi Mushroom, *Ganoderma lucidum*)** is slightly warm, enters the HT, LIV, LU, channels; tonifies Heart Qi, nourishes Heart Blood and calms the Spirit, tonifies Lung Qi, transforms phlegm to stop cough and wheezing, tonifies Qi and nourishes Blood.
- **Bai Zi Ren (Arbor Vitae Seed *Thuja orientalis*)** is neutral and enters the HT, KI, and LI channels; nourishes the Heart, calms the Spirit, moistens the Intestines, unblocks bowels and astringes Yin Deficiency sweat.
- **Long Yan Rou (Longan Fruit, *Arillus longan*)** is warm and enters the HT and SP channels; tonifies and augments the Heart and Spleen, nourishes the Blood and calms the Spirit.
- **Hong Jing Tian (Rhodiola, *Rhodiola rosea*)** is cold, enters the HT, KI, LIV, SP and LU channels; tonifies, clears Lung heat, nourishes Lung Yin and relieves cough, and invigorates the Blood.
- **Xiang Fu (Nut Grass Rhizome, *Cyperus rotundus*)** is neutral, enters the LIV, SJ and GB channels; spreads and regulates Liver Qi, regulates menstruation and alleviates pain.
- **Lian Zi (White Lotus Seed, *Nelumbinis nuciferae*)** is neutral enters the HT, KI, and SP channels; tonifies the Spleen, astringes diarrhea, tonifies Kidney, astringes Jing, nourishes the heart and calms the spirit.
- **Tian Ma (Gastrodia Rhizome, *Gastrodia elata*)** is neutral and enters the LIV channel; extinguishes Wind, calms the Liver, stops spasms and tremors, subdues rising Liver Yang, alleviates pain and disperses Wind-Damp Bi.
- **Da Zao (Jujube, Chinese Date, *Ziziphus jujube*)** is warm and enters the SP and ST channels; tonifies the Spleen and Stomach, augments Qi, and nourishes Blood and calms the Spirit.

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***This product is not intended to diagnose, treat, cure, or prevent any disease.**

www.zoimedical.com : info@zoimedical.com : 825 N. Main St. Suite 140 Buda, TX 78610

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