



CALM & RELAXED



Check out the list below to find out what goes into our Calm & Relaxed supplement and how each Natural ingredient can help your nervous or anxious pooch!

- [Chamomile Flowers](#) – Can have an overall calming effect (often used in human food for the same properties), it's great for supporting digestive problems like bloating, wind & colic.
- [Valerian Root](#) – This helps to relieve anxiety and calm your pooch down, all without causing any appetite loss.
- [Marigold Flowers](#) – This works as a blood tonic, improving blood flow in turn supporting skin, gastric, urinary & digestive health.
- [Vervain](#) – This works as an overall calmer for dogs that are often nervous or easily spooked.
- [Lemon Balm](#) – This works as an anti-spasmodic for muscle & stomach contractions, perfect for supporting dogs through high stress situations.
- [Ashwagandha](#) – This helps to regulate & boost your dog's immune system whilst also reducing anxiety.
- [Meadowsweet](#) – This herb helps to support a healthy PH balance in your dog's digestive system, it's also great for comforting achy joints & muscles.
- [Marshmallow Root](#) – This is a great herb for digestion, it helps to soothe any irritation & also helps to regulate bacteria in the intestine.
- [Fennel Seeds](#) – Another one for the gut! These handy seeds can have a relaxing effect on upset tummies, they help to expel excess gas & improve your dogs' appetite. Its also rich in Vitamin C!

- [Hawthorn Leaves](#) – This is great for heart & blood health. It helps support capillaries & circulation as well as promoting healthy blood pressure.
- [Passiflora](#) – This herb is all about relaxing, It helps to relieve stress & anxiety in your pooch.

