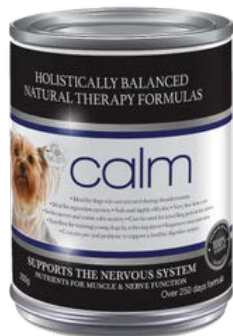


calm



Nutritionals

March 2018

Now 50% stronger ½ the original dose rate

Application: Make a difference to your dog day by reducing their level of stress naturally. PetArk Calm assists in the maintenance of normal muscle and nerve function and contains a range of nutrients that have a role in assisting the transmission of nerve impulses. Dose rates: Large dog: 1/3 spoon, medium dog 1/4 spoon and small dog 1/8 spoon.

Settles nerves and assists with anxiety- Can be used for traveling dogs or for shows- Ideal for dogs who are stressed during thunderstorms- Ideal for separation anxiety-Safe and highly effective- Very low dose rate- Excellent for training young dogs by relieving stress- Improves concentration

Tissue Salts re-establish balance: Don't get mineral tissue salts confused with crude minerals. Biochemical tissue salts, or cell salts, are mineral salts that exist in the cells and play a critical role in cellular metabolism. The salts are administered clinically in very small doses and are prepared in a comparable way to homeopathic remedies. Hi Form Australia uses these mineral salts in most of their formulas, along with specific, organic herbs and herb extracts, amino acids, vitamins and trace elements.

Minerals

Magnesium Phosphate, Vitamin B3 Niacin, Vitamin B6 Pyridoxine, Vitamin B1,

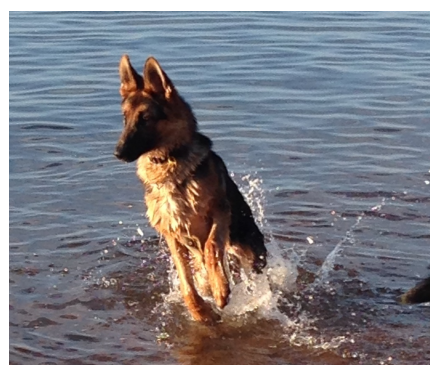
Amino Acids L-Tryptophan

Organic Herb Extracts Hops Powder 10:1, Passion Flower, Chamomile Extract 6:1 Add ed supporting nutrients including Saccharomyces cerevisiae

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References

Magnesium is absorbed throughout the length of the small intestine at an average efficiency of 35% to 40%. The rate of absorption is directly related to the level of dietary intake, rather than being regulated by body magnesium status. If dietary intake of magnesium is high, then absorption efficiency will be lower, and conversely, if dietary intake is low, absorption will be greater. Magnesium and Phosphate are required in all reactions involving energy production such as the synthesis of metabolically important compounds, absorption and transportation of nutrients and any nerve or muscle activity. Magnesium is a known activator of phosphate in nucleic acids, intracellular molecules and phospholipids. These formulas also contain a broad spectrum of trace elements and Vitamin B1, which is essential for the central nervous system. PetArk Calm contains the amino acid L-Tryptophan. It has been found through studies with both animals and humans that L-Tryptophan administered any time of the day is an effective hypnotic. Further more it has been found that it significantly reduces the amount of time it takes to fall asleep without affecting the various stages of sleep. Finally it has been found that L-Tryptophan produces a more relaxed waking state. L-Tryptophan effects neurotransmitter function and is converted to 5-hydroxyl-tryptophan by tryptophan hydroxylase, this in turn, converts to serotonin. Anxiety, tension, depression may have a direct link to a lack of serotonin to the brain. L-Tryptophan is joined by the compatible vitamins, B6 (essential for tryptophan conversion) and B3, (which help to stimulate serotonin release from the brain).

Serotonin has been widely promoted as a sleep inducing agent. Its precursor tryptophan was researched in this regard by Dr. E. Hartmann of Boston State Hospital. He reported, 'In our studies we found that a dose of one gram of tryptophan will cut down the time it takes to fall asleep from twenty to ten minutes. Its great advantage is that not only do you get to sleep sooner, but you do so without distortions in sleep patterns that are produced by most sleeping pills'.

Goldberg and Kauffman state that they replicated Hartmann's results and found that tryptophan did not in any way depress the central nervous system but 'simply allowed' the body to do what it normally does under ideal conditions.

McSweeney reported that a daily intake of 3 grams of tryptophan, with 1g of nicotinamide was superior to unilateral ECT administered twice weekly when treating unipolar depression.

It is also important to note that vitamin B6 is essential for the conversion of tryptophan.

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[Passion Flower (*Passiflora incarnata* L.)--a reliable herbal sedative].

[Article in German]

Krenn L1.

Author information

Abstract

Extracts and fluid extracts from the aerial parts from *Passiflora incarnata* L. are widely used as components of herbal sedatives. Many pharmacological investigations confirm the sedative effects of *Passiflorae herba*. From some of the studies also anxiolytic effects can be deduced. As Passionflower is mainly used in combinations, clinical studies of the single drug are not available. Based on pharmacological data, the experiences of traditional use and the use in combinations *Passiflora* extracts are an important factor in the phytotherapy of tenseness, restlessness and irritability with difficulty in falling asleep.

J Nat Prod. 2014 Mar 28;77(3):509-15. doi: 10.1021/np400780n. Epub 2014 Jan 28.

Octulosonic acid derivatives from Roman chamomile (*Chamaemelum nobile*) with activities against inflammation and metabolic disorder.

Zhao J1, Khan SI, Wang M, Vasquez Y, Yang MH, Avula B, Wang YH, Avonto C, Smillie TJ, Khan IA.

Author information

Abstract

Six new octulosonic acid derivatives (1-6) were isolated from the flower heads of Roman chamomile (*Chamaemelum nobile*). Their structures were elucidated by means of spectroscopic interpretation. The biological activity of the isolated compounds was evaluated toward multiple targets related to inflammation and metabolic disorder such as NAG-1, NF- κ B, iNOS, ROS, PPAR α , PPAR γ , and LXR. Similar to the action of NSAIDs, all the six compounds (1-6) increased NAG-1 activity 2-3-fold. They also decreased cellular oxidative stress by inhibiting ROS generation. Compounds 3, 5, and 6 activated PPAR γ 1.6-2.1-fold, while PPAR α was activated 1.4-fold by compounds 5 and 6 only. None of the compounds showed significant activity against iNOS or NF- κ B. This is the first report of biological activity of octulosonic acid derivatives toward multiple pathways related to inflammation and metabolic disorder. The reported anti-inflammatory, hypoglycemic, antiedemic, and antioxidant activities of Roman chamomile could be partly explained as due to the presence of these constituents.