



### Formulation Features

- Maintains strength of myocardial contractions
- Promotes coronary flow (enhances perfusion to the entire heart)

## Cardiovascular Support

**Cardiac Calm Px is a comprehensive botanical and nutrient formula containing a variety of herbs known for supporting the maintenance of a healthy heart and cardiovascular system via the following effects:**

- Supports healthy cardiac circulation
- Maintains cardiac muscle fiber contractility
- Improves cardiac oxygen utilization
- Supports healthy blood vessel tone
- Strengthens weak heart action

### Supplement Facts

Serving Size: 1 vegi-capsule      Servings Per Container: 60

	Amount Per Serving	% Daily Value
Magnesium (citrate)	6 mg	2%
Lily of the Valley root, W	190 mg	†
Night Blooming Cereus stem, W	130 mg	†
Motherwort herb, O	80mg	†
Hawthorn extract 12:1, O	40 mg	†
Lemon Balm herb, O	20 mg	†

#### Minimum Constituent BioMarker Per Dose

Flavonoid	1.5mg
Convallaria Alkaloid	0.4 mg

Each 1 capsule is extracted from 900 mg of herbs.  
 O=Certified Organic  
 W=Wildcrafted  
 † Daily Value not established

**Other ingredients:** Vegetable Capsule (cellulose)



## Herbal Foundation of "Cardiac Calm Px"

### HAWTHORN EXTRACT

Demonstrates anti-oxidant and cardio-protective properties. It's also known to maintain a balanced blood pressure, preserve healthy capillaries, and support mitochondrial respiration.

### LILY OF THE VALLEY ROOT

Contains cardiac glycosides that act on smooth muscle fibers of the heart to increase the strength of cardiac muscle contractions.

### NIGHT BLOOMING CACTUS

Contains tyramine, which is a cardiogenic amine that reinforces heart muscle.

95% of our herbs and herbal extracts are certified organic or ecologically wildcrafted.

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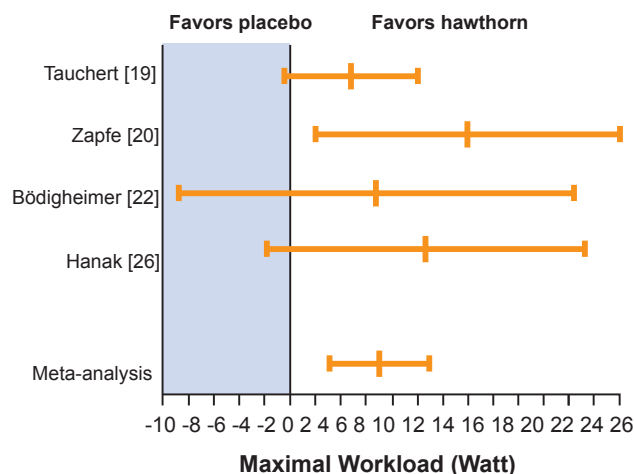
## Supplementation

- One capsule twice daily or as directed by a health care practitioner. Can be taken with or without food.
- Never exceed more than two capsules BID.
- Monitor heart rate and rhythm while on this product
- Contraindicated in patients with bradycardia

## Diet & Lifestyle

- Follow a heart healthy diet such as the Mediterranean diet or the Dean Ornish diet
- Manage stress appropriately
- Consume omega 3 oil daily
- Use olive oil in place of other fats in the diet such as butter
- Avoid all sources of trans fats, and limit saturated fats
- Maintain a healthy weight
- Exercise at least 30 minutes five days per week (with approval of a health care practitioner)
- Don't smoke

Effects of hawthorn extract for cardiac support in chronic subjects based on meta-analysis (n=310) of the most rigorous clinical trials measuring maximal work load. The vertical line represents no difference between hawthorn extract and placebo.



Pittler MH, Schmidt K, Ernst E. Hawthorn extract... meta-analysis of randomized trials. *Am J Med.* 2003 Jun 1;114(8):665-74.

### SELECTED REFERENCES:

- Schrutka-Rechtenstamm R, Kopp B, Löffelhardt W. Studies on the turnover of Cardenolides in *Convallaria majalis*. *Planta Med* 1985, 51:387-390
- Crataegus special extract WS 1442 increases force of contraction in human myocardium cAMP-independently. *J Cardiovasc Pharmacol* 2000;35:700-7.
- The efficacy and safety of Crataegus extract WS 1442: the SPICE trial. *Eur J Heart Fail* 2008, 10:1255-1263