



Formulation Features

- Provides Nervous System Balance
- Helps Manage Stress
- Supports a Sense of Calm

Stress Management Support

According to the American Psychological Association, over 75% of Americans are experiencing physical and psychological symptoms as a result of daily internal and external stress. This is because hectic modern lifestyles can lead to overstimulation of the sympathetic nervous system, resulting in an imbalance of cortisol and ACTH release.

The adaptogenic herbs found in StressCalm Px help to normalize the stress response by balancing both the autonomic nervous system.

Supplement Facts

Serving Size: 2 vegi-capsules		Servings Per Container: 37	
		Amount Per Serving	% Daily Value
Organic Ashwagandha root extract 10:1 (<i>Withania somnifera</i>)	1000 mg	†	
Organic California Poppy (<i>Eschscholzia californica</i>)	200 mg	†	
Organic Catnip herb (<i>Nepeta cataria</i>)	100 mg	†	
Organic Lavender flower (<i>Lavender angustifolia</i>)	60 mg	†	
African Snake Root standardized to 0.1% alkaloid (HPLC)	24 mg	†	
Organic Lemon Balm (<i>Melissa officinalis</i>)	6 mg	†	
Minimum Constituent Bio Marker Per Dose			
Withanolides	12 mg		
All Organic Herbs are Certified Organic			
† Daily Value not established			

Other Ingredients: Vegetable Capsule (cellulose), Organic Rice Flour



Herbal Foundation of "StressCalm Px"

ASHWAGANDHA ROOT EXTRACT

Improves stress tolerance and energy, acts as an adrenal tonic that improves psychological well being during stressful times.

CALIFORNIA POPPY

Traditionally used to support the nervous system and balances stress and sleep.

CATNIP HERB

Catnip (*Nepeta cataria*) is a gentle and soothing herb commonly used to help promote sleep and restfulness in time of stress.

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

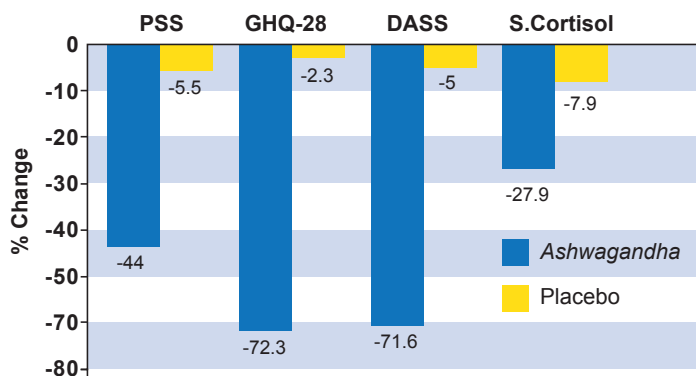
Supplementation

- Take one to two capsules twice daily or as directed by your health care practitioner, but do not exceed four capsules in a 12 hour period. Can be taken with or without food.
- Monitor blood pressure, especially at higher dosages.

Diet & Lifestyle

- Eliminate as much physical, emotional, and environmental stress as possible.
- Exercise moderately for 12-15 minutes intervals, 2 – 4 times daily.
- In order to maintain optimal blood sugar levels, eat small frequent meals (on the order of six daily) that are balanced in protein and carbohydrates.
- Avoid known allergens.
- Get plenty of rest.

Significant improvement in three separate scales of psychological well being and serum cortisol levels with Ashwagandha*



Percentage change from baseline in PSS, GHQ-28, DASS, Serum cortisol

*A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of ashwagandha root in reducing stress and anxiety in adults. Indian J Psychol Med. 2012 Jul;34(3):255-62

One of the best and most widely botanical adrenal tonics is **Ashwagandha**, which was used traditionally in India for exhaustion, emaciation, memory loss, muscle weakness, overwork and insomnia.

Research on standardized extracts of Ashwagandha indicate a modulating activity on the negative effects of stress. Many human studies include reports of increased energy, reduced fatigue, better sleep and an enhanced sense of well-being.

In this double blind placebo controlled study, 64 subjects with a history of chronic stress were given 300 mg of a standardized extract of Ashwagandha twice daily for 60 days.

Outcomes included improved Perceived Stress Scale or PSS, which is the most commonly used psychological scale of assessing self perception on the level of stress. Also, included in the outcome measures were the General Health Questionnaire-28 which has four subsets including anxiety, insomnia, social dysfunction and anxiety stress scale or DASS.