

## ■ Calming

### *In Review*

#### Support for:

- Anxiety
- Edginess

#### **Magnesium**

Helps to maintain normal muscle and nerve function, a healthy heart, healthy immune system, and strong bones.

**Magnesium aids to regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis.** Since a symptom of magnesium deficiency is agitation or anxiety, it is included in many calming supplements.

#### **Taurine**

**Amino acid, acts as a metabolic transmitter and is also known to have a detoxifying effect.** One of the most abundant free amino-acid-like compounds found in the heart, skeletal muscles and the nervous system. Can be found in supplements that help support metabolic syndrome, nervousness, and growth.

#### **Thiamine**

Essential to the proper metabolism of carbohydrates, fats and proteins. **Thiamine also supports the health of the nervous system by aiding in the transmission of impulses along the nerve.**

#### **Valerian**

An herb with specific actions to support a central nervous system with feelings of **restlessness** and **anxiety**.

#### **Recommended Products:**

**Calmex-V™**  
**Calmex™**  
**Tran-Quel™**

#### Support for:

- Heat Cycles
- Anxiety
- Edginess

#### **Raspberry Leaf**

Traditionally been used to strengthen and tone uterine muscles. **The leaves contain an alkaloid known as fragerine, which relaxes the uterus, lessening the menstrual cycle.**

#### **Dong Quai Root**

Dong Quai root, referred to as the **female ginseng**, is rich in vitamins and minerals and is one of the most widely used herbs in traditional Chinese medicine. **Has been used to provide support for menstrual disturbances due to its anti-inflammatory properties.**

#### **Recommended Products:**

**Levelor™**  
**Mystic Mare™**



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