

■ 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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