**STRESSCALM Px**  
Nervous System Support*

75 Vegi-Caps  
Serving Size: 2 Capsules

Ingredients per serving:
- Ashwagandha root extract 10:1 (Withania somnifera) 1000 mg
- Pulsatilla root extract 4:1 (Pulsatilla chinensis) [W] 200 mg
- Catnip herb (Nepeta cataria) [O] 100 mg
- Lavender flower (Lavandula angustifolia) [O] 10 mg
- Indian Snakeroot extract 10:1 (Rauwolfia serpentina) [O]

(W) Ecologically Wildcrafted  
(O) Certified Organic

Each 2 capsules are extracted from 10,970 mg of herbs.

Suggested Use: 1 to 2 capsules twice daily. Do not exceed 4 capsules in a 24 hour period.

*StressCalm Px* is a very effective formula for alleviating symptoms of occasional stress and supporting the health of the nervous system in its ability to handle demanding stressors. The herbs in this well-crafted formula maintains stress tolerance by supporting adrenal and central nervous system functions.

The main herb in this formula, Ashwagandha is an adaptogenic herb which has been shown to support adrenal function and improve the ability to deal with occasional stress. Ashwagandha has been shown to maintain GABA receptors in the brain to provide a calming and relaxing effect. The species name *somnifera* hints at the long standing reputation of this herb to improve the quality of sleep. Catnip and lavender also maintain calmness and relaxation and are classic herbs for nervous system support. Indian Snake root has been employed for centuries in India for maintaining support for the parasympathetic system.

Please note: Indian Snake Root is not sold in Canada and has been replaced with Lemon Balm for nervous system support.

Precaution: If pregnant, nursing or considering pregnancy do not use this product without first consulting with your health care practitioner. Keep out of reach of children. Due to potential drug-herbal interactions, tell your physician about any medications you are taking. Do not exceed the recommended quantity.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

The information contained herein is for informational purposes only. Please consult your physician before taking this or any other product. Consult your physician for any health problems.