



Nutri-Calm

Nutrition for a calm nervous system

Nutri-Calm is an anti-stress vitamin supplement (in an herbal base) with a proven track record for easing nervous stress and anxiety. The formula does this without causing drowsiness or interfering with sensory and motor functions, making it far superior to tranquilizers and other medications commonly used to treat these problems. Nutri-Calm accomplishes this by feeding the nerves and adrenal glands while balancing their function.

Nutri-Calm has been used to aid a wide variety of nerve-related disorders. It has been used to ease anxiety, chest pain due to anxiety, hyperactivity, insomnia, nervousness, restlessness, tossing and turning at night, and general feelings of stress. Nutri-Calm is particularly useful for anyone who has contraction furrows (nerve rings) in their iris.

Nutri-Calm has also been used in programs to help drug withdrawal, anorexia, alcoholism, schizophrenia, high blood pressure, and Parkinson's disease. For these purposes, it needs to be combined with other remedies and therapies, however.

Combining the benefits of the B complex vitamins and vitamin C to support the nervous system with herbs to relax and balance nerve function, Nutri-Calm is a good supplement for anyone who feels depleted by nervous stress. People usually feel calmer but have more energy when taking it. Specifically, the ingredients in Nutri-Calm are:

Vitamin C

The largest repository of vitamin C in the body is in the adrenal glands. This vitamin is absolutely essential for healthy adrenal function and is depleted under stress. It helps the adrenals make epinephrine and norepinephrine, the hormones that help us cope with stressful situations.

B Complex Vitamins

The various B vitamins are involved in numerous nervous and glandular system functions. Like vitamin C, they are also depleted under stress, which is why the combination of vitamin C and the B complex has long been recognized as having stress-reducing properties. Many people are deficient in B complex vitamins because they are depleted by the consumption of sugar and refined carbohydrates.

One of the B vitamins in Nutri-Calm, pantothenic acid, is a critical vitamin for rebuilding exhausted adrenals.

Wheat Germ

Wheat germ is nutrient-rich part of wheat kernel which is milled and discarded in producing white flour. It is high in the B complex vitamins.

Schizandra Berries

These small berries are considered to be an excellent tonic and restorative herb in Chinese medicine. Possessing adaptogenic properties, schizandra berries are believed to improve nervous system function, quiet restlessness and calm the heart, and balance the fluids of the body.

Bee Pollen

Bee pollen is pollen collected by bees. It contains trace amounts of every known nutrient and is considered an energy-enhancing food.

Hops

As a mild central nervous system depressant, hops are able to reduce excess activity in the nervous system. The herb has a mild sedating effect, easing tension and restlessness and promoting sleep and relaxation.

Passion Flower

A gentle sedative, passion flower is used to ease tension, anxiety, irritability and insomnia. It is helpful for insomnia and has a tranquilizing effect on many nervous conditions, including heart palpitations, panic, high blood pressure, and muscle cramps.

Valerian Root

An extensively researched herb, valerian root has been demonstrated to encourage sleep, calm mental overactivity, lower blood pressure and ease a wide variety of nervous disorders. It can be helpful for anxiety, tremors, panic, heart palpitations, and muscle tension.

Use and Dosage Information

Take 1 capsule with a meal three times a day.

Selected References

Herbal Therapy and Supplements by Merrily A. Kuhn and David Winston
Therapeutic Herb Manual by Ed Smith
Prescription for Nutritional Healing by James F. Balch and Phyllis A. Balch
Professional Guide to Conditions, Herbs and Supplements by Integrative Medicine

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2003 May be reproduced provided it is not altered in any way.

Distributed by: