



Nutri-Calm®

Stock #1617-3 (100 tablets)

Stock #4803-3 (60 tablets)

Prolonged stress significantly impacts and contributes to a myriad of health problems, including the development of cardiovascular disease, diabetes, certain immune function disorders, gastrointestinal problems, and deficits in memory and cognitive (brain) function. Even short-term stress can lead to sub-optimal immune function, which can increase the risk of contracting common infections such as the cold or flu. Stress factors can include mental and emotional upset, as well as physical factors such as sleep deprivation, poor diet or malnutrition, long or irregular work hours, excessive exercise, surgery, pregnancy or numerous environmental causes. Fortunately, data show that nutritional supplementation, coupled with healthy diet and lifestyle choices, can have a significant effect on health maintenance and disease prevention.¹⁻⁹

Nutri-Calm is a vitamin and herbal supplement designed to help the body combat the physical, mental and emotional effects of stress. Nutri-Calm contains vitamins and herbs that support the nervous system, enhance immune function, reduce anxiety, relieve insomnia, relax nervous tension, and even facilitate memory and brain function. Each yeast-free Nutri-Calm tablet provides the following vitamins and herbs:

Vitamin C (ascorbic acid) - 400mg

Vitamin B₁ (thiamine) - 20mg

Vitamin B₂ (riboflavin) - 20mg

Niacin (niacinamide) - 40mg

Vitamin B₆ (pyridoxine) - 20mg

Folic acid - 125mcg

Vitamin B₁₂ (cyanocobalamin) - 34mcg

Biotin - 100mcg

Pantothenic acid - 80mg

B-vitamins are critical for maintaining healthy nervous system function and reducing the effects of stress upon the body. In fact, adequate B-vitamin intake may be the single most important factor for maintaining the health of the nerves. Symptoms of B-vitamin deficiency include tiredness, irritability, nervousness and depression. In fact, high doses of B-vitamins have been used by practitioners to alleviate mood disorders and psychiatric symptoms, including anxiety, mild depression, nervousness and poor memory. In addition, B-vitamins convert carbohydrates into glucose, which the body "burns" to produce energy. B-vitamins also play a role in supporting immune function and heart health. Poor diet, including the intake of sugar, alcohol, caffeine and excessive carbohydrates, can deplete or contribute to B-vitamin deficiency. Stress, itself, also increases the body's need for B-vitamins.¹⁰⁻¹⁴

Vitamin C is an important anti-stress antioxidant and vital nutrient for adrenal gland function—the adrenal glands play a critical role in the regulatory mechanisms that assist the body in adapting to stress. Vitamin C is more highly concentrated in the adrenal cortex than in any other organ, and when the adrenals are under stress, vitamin C levels are depleted. Experimental and clinical evidence suggests that supplemental vitamin C in levels significantly greater than the RDA (recommended dietary allowance) can support adrenal function and decrease high cortisol levels—elevated cortisol levels suppress the immune system. Likewise, animal research has shown that megadoses of vitamin C (equivalent to several thousand milligrams in humans) significantly reduces stress-hormone levels and other indicators of emotional and physical stress, including adrenal gland enlargement and changes in the thymus and spleen.^{1,2,15-17}

Schizandra (*Schisandra chinensis*) appears to have adaptogenic properties that enhance the body's resistance to a variety of physical, chemical and emotional stresses, while simultaneously improving overall regulation of physiological functions. For example, schizandra has been used to combat the effects of stress and fatigue, and some studies have shown that schizandra provides a normalizing effect in cases of insomnia and physical duress. Schizandra also counters the effects of caffeine and improves mental performance. In addition, available data show that schizandra decreases fatigue, increases work capacity, accelerates recovery time following exercise in athletes, and enhances the hepatic (liver) glutathione antioxidant system. Furthermore, experimental evidence suggests that schizandra exhibits antibacterial activity and functions as a potent antioxidant.^{1,18-23}

Choline (bitartrate) is a member of the B-complex vitamin and is a precursor to acetylcholine, an important brain neurotransmitter that facilitates concentration and memory function. Insufficient production and release of acetylcholine is a contributing factor in declining cognitive and memory function associated with aging and Alzheimer's disease. It is interesting to note that animal studies have shown that social and psychological stress significantly decreases brain levels of choline-containing compounds. Plus, individuals with bipolar disorder demonstrate alterations in choline metabolism—a double-blind trial found that choline supplementation provided anti-manic effects in patients with bipolar disorder.^{10,24-30}

Inositol, considered part of the B-vitamin complex, is an important component of brain cell nutrition and is found in

large quantities in the brain and cerebrospinal fluid. For example, adequate levels of inositol are required for healthy functioning of the neurotransmitters acetylcholine, which is necessary for cognitive and memory function, as well as serotonin, which plays an important role in mood, appetite, behavior and sleep. Research shows that individuals suffering from depression demonstrate low levels of inositol. In addition, animal studies have shown that inositol demonstrates anxiolytic (anti-anxiety) effects. Inositol has been used as an alternative treatment for mood disorders and in the treatment of anxiety disorders such as panic disorder.^{10,31-36}

Bee pollen is a rich source of protein, carbohydrates, minerals and essential fatty acids. Bee pollen also provides B-complex vitamins and vitamin C, amino acids, trace elements and enzymes. Although commonly used to enhance energy levels and improve endurance and stamina during exercise or sports, bee pollen may also help reduce serum cholesterol. In addition, animal studies have shown that bee pollen improves immune function and nutritional status.³⁷⁻⁴²

PABA (para-aminobenzoic acid), regarded as part of the vitamin B-complex, stimulates intestinal bacteria to produce folic acid, which is another B-vitamin known for its cardio-protective effects. PABA also participates in the production of red blood cells and functions as a coenzyme in the metabolism and utilization of proteins. In addition, PABA may be helpful in the treatment of skin and connective tissue disorders such as Peyronie's disease (the accumulation of abnormal fibrous tissue in the penis) and scleroderma (characterized by the hardening and immobility of affected skin). Furthermore, preliminary research suggests that PABA acts as an immunomodulator and anticoagulant. A deficiency of PABA can result from the use of sulfa drugs.^{10,27,43-46}

Lemon Bioflavonoids are highly-effective antioxidants that prevent free-radical cellular damage to blood vessel walls, reduce the tendency of blood clotting, and inhibit oxidation of LDL cholesterol. Multiple research studies confirm a diet high in bioflavonoids contributes to a reduced risk of heart disease. In fact, dietary intake of bioflavonoids tied with cigarette smoking as the second most important risk predictor of heart disease. Bioflavonoids also facilitate the absorption and function of vitamin C.^{31,47,48}

Valerian root concentrate (*Valeriana officinalis*) - Valerian root is regarded as an effective sedative, antispasmodic and mild analgesic (pain-reliever), and is approved by the German Commission E for restlessness and sleep disturbances resulting from nervous conditions. Valerian may help improve insomnia without producing side-effects, by reducing the time it takes to fall asleep and improving sleep quality. However, valerian is also used as a daytime sedative to reduce agitation, anxiety, nervous excitability, restlessness, stress and nervous tension. In addition, valerian may provide weak antidepressant properties. Valerian is not recommended for women who are pregnant or nursing.^{14,24,37,49-56}

Passion flowers concentrate (*Passiflora incarnata*) - Passion flower is commonly used for its sedative and anxiolytic (anti-anxiety) effects to reduce nervous stress, anxiety and irritability; promote relaxation; and facilitate restful sleep. Passion flower may also be helpful for gastrointestinal disorders related to nervous conditions. Passion flower is approved by the German Commission E for the treatment of nervous restlessness. Passion flower is not recommended for women who are pregnant or nursing.^{50,52,57-60}

Hops flowers concentrate (*Humulus lupulus*) - Hops flowers, which have been shown to produce mild sedative effects, are approved for use by the German Commission E for mood disturbances such as restlessness and anxiety, as well as nervousness and sleep disorders, including insomnia. Other documented uses include excitability, lack of appetite and tenseness. In addition, recent research indicates that hops extracts may be a safe alternative to ibuprofen for the treatment of inflammation and pain. Two different hops extracts were shown to inhibit COX-2 activity, while significantly sparing COX-1 activity, compared to ibuprofen. The COX-2 enzyme stimulates the release of hormone-like compounds called prostaglandins, which cause inflammation and pain; the COX-1 enzyme is responsible for maintaining the integrity of the stomach lining and regulating blood flow within the kidneys.^{50,51,57,61-63}

References:

- ¹Ronzio PhD, R.A. "Nutritional support for adrenal function." *American Journal of Natural Medicine*; 1998, 5(5):12-17.
- ²Kelly ND, G.S. "Nutritional and Botanical Interventions to Assist with the Adaptation to Stress." *Alternative Medicine Review*; 1999, 4(4):249-265.
- ³Vanitallie, T.B. "Stress: a risk factor for serious illness." *Metabolism*; 2002, 51(6 Suppl 1):40-45.
- ⁴Hunt, R.H. & Tougas, G. "Evolving concepts in functional gastrointestinal disorders: promising directions for novel pharmaceutical treatments." *Best Practice Research. Clinical Gastroenterology*; 2002, 16(6):869-883.
- ⁵Hamer, M., et. al. "Using stress models to evaluate immuno-modulating effects of nutritional intervention in healthy individuals." *Journal of the American College of Nutrition*; 2004, 23(6):637-646.
- ⁶Johnson, J.V. & Lipscomb, J. "Long working hours, occupational health and the changing nature of work organization." *American Journal of Industrial Medicine*; 2006, 49(11):921-929.
- ⁷Vitetta, L., et. al. "Mind-body medicine: stress and its impact on overall health and longevity." *Annals of the New York Academy of Sciences*; 2005, 1057:492-505.
- ⁸Grossman, T. "Latest advances in antiaging medicine." *The Keio Journal of Medicine*; 2005, 54(2):85-94.
- ⁹Mandel, S., et. al. "Proceedings from the "Third International Conference on Mechanism of Action of Nutraceuticals"." *The Journal*

- of *Nutritional Biochemistry*; 2005, 16(9):513-520.
- ¹⁰Dunne, L. *Nutrition Almanac, Third Edition*. McGraw-Hill Publishing, 1990.
- ¹¹Tucker, K.L. "Stress and nutrition in relation to excess development of chronic disease in Puerto Rican adults living in the Northeastern USA." *The Journal of Medical Investigation*; 2005, 52 Suppl:252-258.
- ¹²Lieberman PhD, S. & Bruning, N. *The Real Vitamin & Mineral Book, 2nd Ed*. Avery; 1997.
- ¹³Bell, I.R., et. al. "B complex vitamin patterns in geriatric and young adult inpatients with major depression." *Journal of the American Geriatrics Society*; 1991, 39(3):252-257.
- ¹⁴Brown, R.P. & Gerbarg, P.L. "Herbs and nutrients in the treatment of depression, anxiety, insomnia, migraine, and obesity." *Journal of Psychiatric Practice*; 2001, 7(2):75-91.
- ¹⁵Lavalle RPh, J.B. "Stress: The Hidden Factor For Weight Gain." *Nutrition Science News*; April 2001.
- ¹⁶Ghen DO, M.J. & Moore MD, C.B. "Implications of Adrenal Insufficiency." *International Journal of Integrative Medicine*; 2000, 2(6):30-35.
- ¹⁷Gromova, E.G., et. al. [Regulation of the indices of neuroendocrine status in surgical patients with lung cancer using optimal doses of ascorbic acid]. *Anesteziologyia I Reanimatologija*; 1990, (5):71-74.
- ¹⁸"Schisandra: Structure/Function Claim." *Nutrition Science News*; January 2001.
- ¹⁹Sinclair ND, S. "Chinese Herbs: A Clinical Review of Astragalus, Ligusticum, and Schizandrae." *Alternative Medicine Review*; 1998, 3(5):338-344.
- ²⁰May, T.G. "Adapting To Long-Term Stress." *Natural Foods Merchandiser*; April 2000.
- ²¹"Schisandra Berries More Than a Liver Aid." *Nutrition Science News*; January 2001.
- ²²Panossian, A. & Wagner, H. "Stimulating effect of adaptogens: an overview with particular reference to their efficacy following single dose administration." *Phytotherapy Research*; 2005, 19(10):819-838.
- ²³Opletal, L., et. al. [Phytotherapeutic aspects of diseases of the circulatory system. 7. Schisandra chinensis (Turcz.) Baill.): its composition and biological activity]. *Ceska a Slovenska Farmacie*; 2001, 50(4):173-180.
- ²⁴Murray ND, M. *The Healing Power of Herbs*. Rocklin, CA: Prima Publishing, 1995.
- ²⁵Shuman RD, J. "Youthful Aging." *Health & Nutrition Breakthroughs*; October 1997.
- ²⁶Bratman MD, S. & Kroll PhD, D. *Natural Health Bible*. Prima Publishing, 1999.
- ²⁷Lininger Jr, S., et. al. *The Natural Pharmacy, 2nd Ed*. Rocklin, CA: Prima Publishing, 1999.
- ²⁸Czeh, B., et. al. "Examining SLV-323, a novel NK1 receptor antagonist, in a chronic psychosocial stress model for depression." *Psychopharmacology (Berlin)*; 2005, 180(3):548-557.
- ²⁹Moore, C.M., et. al. "Choline, myo-inositol and mood in bipolar disorder: a proton magnetic resonance spectroscopic imaging study of the anterior cingulate cortex." *Bipolar Disorders*; 2000, 2(3 Pt 2):207-216.
- ³⁰Lyoo, I.K., et. al. "Oral choline decreases brain purine levels in lithium-treated subjects with rapid-cycling bipolar disorder: a double-blind trial using proton and lithium magnetic resonance spectroscopy." *Bipolar Disorders*; 2003, 5(4):300-306.
- ³¹Murray ND, M. *Encyclopedia of Nutritional Supplements*. Rocklin, CA: Prima Publishing, 1996.
- ³²Badash, M. "Brain Nutrients: Food For Thought." *Nutrition Science News*; January 1998.
- ³³Sterling RD, M. "Can Cirrhosis be Prevented?" *Nutrition Science News*; January, 1999.
- ³⁴Kofman, O., et. al. "The anxiolytic effect of chronic inositol depends on the baseline level of anxiety." *Journal of Neural Transmission*; 2000, 107(2):241-253.
- ³⁵Palatnik, A., et. al. "Double-blind, controlled, crossover trial of inositol versus fluvoxamine for the treatment of panic disorder." *Journal of Clinical Psychopharmacology*; 2001, 21(3):335-339.
- ³⁶Jorm, A.F., et. al. "Effectiveness of complementary and self-help treatments for anxiety disorders." *The Medical Journal of Australia*; 2004, 181(7 Suppl):S29-46.
- ³⁷Fetrow, C. & Avila, J. *Professional's Handbook of Complementary & Alternative Medicines*. Springhouse, PA: Springhouse Corp., 1999.
- ³⁸Weiner, M. & Weiner, J. *Herbs That Heal: Prescription For Herbal Healing*. Mill Valley, CA: Quantum, 1994.
- ³⁹Orzaez Villanueva, M.T., et. al. "The importance of bee-collected pollen in the diet: a study of its composition." *International Journal of Food Sciences and Nutrition*; 2002, 53(3):217-224.
- ⁴⁰Turner, K.K., et. al. "Bee pollen product supplementation to horses in training seems to improve feed intake: A pilot study." *Journal of Animal Physiology and Animal Nutrition*; 2006, 90(9-10):414-420.
- ⁴¹Wang, J., et. al. [Effect of bee pollen on development of immune organ of animal]. *Zhongguo Zhong Yao Za Zhi*; 2005, 30(19):1532-1536.
- ⁴²Xie, Y., et. al. [Effect of bee pollen on maternal nutrition and fetal growth]. *Hua Xi Yi Ke Da Xue Xue Bao*; 1994, 25(4):434-437.
- ⁴³Balch MD, J.F. & Balch CNC, P. *Prescription for Nutritional Healing, 3rd Ed*. Garden City Park, NY: Avery, 2000.
- ⁴⁴Pizzorno, J & Murray, M. *A Textbook of Natural Medicine, 2nd ed*. London: Churchill Livingstone, 1999.
- ⁴⁵"Para-Aminobenzoic Acid." *Thomson Healthcare*; 2006. <<http://www.pdrhealth.com>>. Accessed December 2006.
- ⁴⁶Akberova, S.I. [New biological properties of p-aminobenzoic acid]. *Izvestiia Akademii Nauk. Seriya Biologicheskaja*; 2002, (4):477-481.
- ⁴⁷Wassef RPh, F. "Cardiovascular disease: Reading the correct road signs." *American Journal of Natural Medicine*; Vol. 5, No. 7:12-17.
- ⁴⁸Podell, R. "Bioflavonoids Contribute To Heart Disease Risk." *Nutrition Science News*; August 1996.
- ⁴⁹Presser PharmD, A. *Pharmacist's Guide to Medicinal Herbs*. Petaluma, CA: Smart Publications, 2000.
- ⁵⁰Newall, C., et. al. *Herbal Medicines*. London, England: The Pharmaceutical Press, 1996.
- ⁵¹*PDR for Herbal Medicines, 2nd Ed*. Montvale, NJ: Medical Economics Company, 2000.
- ⁵²Miller PharmD, L. & Murray PhD, W. *Herbal Medicinals*. Binghamton, NY: Pharmaceutical Products Press, 1998.
- ⁵³Foster, S. "Calm Down." *Herbs For Health*; 1998, 2(6):41-42.
- ⁵⁴Hobbs LAc, C. *Valerian: The Relaxing and Sleep Herb*. Capitola, CA: Botanica Press, 1993.
- ⁵⁵Morin, A.K., et. al. "Therapeutic options for sleep-maintenance and sleep-onset insomnia." *Pharmacotherapy*; 2007, 27(1):89-110.
- ⁵⁶Bent, S., et. al. "Valerian for sleep: a systematic review and meta-analysis." *The American Journal of Medicine*; 2006, 119(12):1005-1012.
- ⁵⁷*Herbal Medicine: Expanded Commission E Monographs*. Newton, MA: Integrative Medicine, 2000.
- ⁵⁸Leigh, E. "Phytotherapy Aids in Benzodiazepine Withdrawal." *HerbalGram*; 2000, 42:19.

- ⁵⁹Werneke, U., et. al. "Complementary medicines in psychiatry: review of effectiveness and safety." *The British Journal of Psychiatry*; 2006, 188:109-121.
- ⁶⁰Krenn, L. [Passion Flower (*Passiflora incarnata* L.)—a reliable herbal sedative]. *Wiener Medizinische Wochenschrift*, 2002, 152(15-16):404-406.
- ⁶¹Lemay, M., et. al. "In vitro and ex vivo cyclooxygenase inhibition by a hops extract." *Asia Pacific Journal of Clinical Nutrition*; 2004, 13(Suppl):S110.
- ⁶²Almada, A. "Natural COX-2 Inhibitors: The Future of Pain Relief." *Nutrition Science News*; August, 2000.
- ⁶³LaValle RPh, J. *The COX-2 Connection*. Rochester, VT: Healing Arts Press, 2001.