

PhytoCalm



The Healing Sanctuary

Clinical Applications

- Calms the nervous system
- Lowers feelings of stress & anxiety
- Improves sleep
- Soothes headaches & menstrual cramps

Discussion

PhytoCalm is a simple, yet powerful combination of California poppy, motherwort, and lemon balm extracts to promote a calm nervous system without being too sedative.

California poppy works gently to calm anxiety, reduce pain, and suppress muscle spasms, and has special effects to help in every stage of life. In children, California poppy has been used to treat insomnia, bedwetting, anxiety, nervous tension, ADD and ADHD. In older adults, it has been effective in improving memory and concentration.

Motherwort has been used for hundreds of years to calm a racing heart, reduce mild hypertension, and relax an anxious mind. It is also helpful in relieving menstrual and menopausal discomfort, and increasing appetite for those with loss of appetite due to nerves. *Caution:* Ask a qualified health provider if taking motherwort while pregnant or breastfeeding.

Lemon balm is a member of the mint family used in combination with other herbs and extracts to lower stress and anxiety, as well as improve sleep, increase appetite, ease indigestion including gas and bloating, and topically treat cold sores. It has also been used to improve cognition and irritability in people with Alzheimer's.

Supplement Facts:

Serving Size: 1 capsules

Servings Per Container: 60 or 270

Amount Per Serving	% Daily Values
Proprietary Blend 475 mg	*
California poppy (<i>Eschscholtzia californica</i>) whole plant extract, motherwort (<i>Leonurus cardiac</i>) herb extract, lemon balm (<i>Melissa officinalis</i>) herb extract.	
*Daily value not established	

Other Ingredients: Magnesium stearate, gelatin (capsule).

Suggested Use: Take 2-4 capsules per day, or as directed by a qualified health professional.

The ingredients in this product are supplied by well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. Supplements are manufactured by Time Laboratories www.timelabs.com, 877-846-3522.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



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187 East 13th Street, Idaho Falls, Idaho 83404

208-497-0500

www.healingsanctuary.clinic



