

CALMATROL

PRODUCT INFO SHEET



Description

Calmatrol is a special blend of standardized botanical extracts with calming properties..

Ingredients

Calmatrol is a synergetic formula made up of all natural ingredients from the plant kingdom. German chamomile: Flowers perhaps best known as an addition to herbal teas, as its components have a soothing fragrance. Chamomile has been shown to have calming activity. This may explain its traditional use as a “relaxing” herb. Whole dried flowers can be purchased for teas or capsules, while the full complement of components are found in liquid or dried extracts. Hops: Most often used medicinally for their calming effects. Traditional medicine has used hops as a sedative for centuries, while only recently has one of the possible components been identified as having calming effects. Valerian Root: Most often used to decrease the time of sleep onset. Valerian is quite safe, and can be used as a tea, or in capsules as a regular sleep-aid. Valerian extracts are sometimes standardized and very often mixed with other botanicals such as hops or passion flower to enhance the effects of the valerian root extract. Passion Flower: The very showy flower of *Passiflora incarnata* L., also called the Maypop, has been used in herbal remedies for years. Among many constituents, passion flower contains alkaloids (mainly harman and associated compounds), flavonoids, glycosides, sugars and sterols. Passion flower has been reported to have soothing properties. These activities have made passion flower a common ingredient in calming, relaxing, and sleep aid products.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

1 capsule contains	Amount Per Serving	% Daily Value
Valerian Root Extract (Standardized to contain 0.8% Valerenic Acids)	200 mg	*
German Chamomile Flower	100 mg	*
Hops Strobile	50 mg	*
Passionflower (Aerial Portion)	50 mg	*

* % Daily Value not established

Other Ingredients: Natural vegetable capsules. This product may contain one or more of the following: Ascorbyl Palmitate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

Dosage

SUGGESTED USE: As a dietary supplement, 1 capsule three times per day or 2 capsules at bedtime, or as recommended by your healthcare professional.

Contraindications

Mild stomach upset or allergic reaction may occur with any herbal product. Move dose closer to meals or cease product use if symptoms persist.

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.