

# CALMING INGREDIENTS

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## Support for:

- Normal emotional balance
- Anxious/Nervous behavior
- Edginess

**Raspberry Leaf** traditionally been used to strengthen and tone uterine muscles. *The leaves contain an alkaloid known as fragerine, which relaxes the uterus, lessening the menstrual cycle.*

**Dong Quai Root** - referred to as the *female ginseng*, is rich in vitamins and minerals and is one of the most widely used herbs in traditional Chinese medicine. *Has been used to provide support for menstrual disturbances.*

**Magnesium** helps to maintain normal muscle and nerve function, a healthy heart, healthy immune system and strong bones. *Magnesium aids to regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis.* Since a symptom of magnesium deficiency is agitation or anxiety, it is included in many calming supplements.

**Taurine** - amino acid, acts as a metabolic transmitter and is also known to have a detoxifying effect. One of the most abundant free amino-acid-like compounds found in the heart, skeletal muscles and the nervous system. Can be found in supplements that help support metabolic syndrome, nervousness and growth.

**Thiamine** is essential to the proper metabolism of carbohydrates, fats and proteins. *Thiamine also supports the health of the nervous system by aiding in the transmission of impulses along the nerve.*

**Valerian** - An herb with specific actions to support a central nervous system with feelings of *restlessness* and *anxiety*.



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