DESCRIPTION:
A balance of mild and strong sedating botanicals to address the symptoms of stress and to encourage restful sleep. Griffonia, a source of 5-HTP, has been added to this formulation to support serotonin and melatonin production. When a melatonin deficiency is existent there is often a corresponding deficiency in serotonin and therefore 5-HTP as well. Another addition is the Chinese herb JuJube, which addresses and supports the root cause of mental fatigue and aids in balancing the overall botanical formulation.

MECHANISM:
Valerian - Valerenic acid and valepotriates bind to GABA receptors causing a calming and sedative effect.

Linden flower - Volatile oils including citral, eugenol and limonene exert sedative and antispasmodic effects; relieving tension and insomnia.

Hops - Constituent 2-methyl-3-butene-2-ol, in lab studies, has a sedative effect; aids in smoothing energy circulation; liver and gallbladder relaxant.

Skullcap - The flavonoids scutellarein, the active nerve has been known to treat hysteria, insomnia, mental and physical exhaustion. Known as “Huang qin” to cleanse excess “heat”.

JuJube - Reduces restlessness and irritability caused by mental fatigue, physical weakness or pain. Known as an energy tonic to strengthen the liver, spleen and stomach.

Griffonia - Precursor molecule in neurotransmitter synthesis of serotonin and melatonin; reported to decrease dopamine and norepinephrine levels in CNS.

INDICATIONS:
- Anxiety
- Depression
- Mental fatigue
- Nervous restlessness
- Stress related insomnia
- Tension
POSSIBLE SIDE EFFECTS:
Avoid usage with anti-depressant medications (SSRI’s, MAO inhibitors, tricyclics). The use of Skullcap may decrease the effects of immuno-suppressants; avoid concurrent use. Based on the pharmacological activity, drowsiness, decreased cognitive function and/or sedation may occur. Avoid hazardous tasks such as driving or operating heavy machinery. Due to the phytoestrogenic activity of Hops, it is contraindicated in individuals with estrogen-dependent tumors. May potentiate the action of CNS depressants, sedative-hypnotics (barbiturates), anti-depressants, anxiolytics, antihistamines, alcohol and phenothiazinetype antipsychotics. Avoid concomitant use with drugs metabolized by cytochrome P450 system.

PRECAUTIONS:
Acceptable in pregnancy? No
Suitable when nursing? No
Suitable for children? Not for children under 12
Suitable for diabetics? Use with caution due to JuJube content
Suitable for vegetarians? Yes
Take with food? Yes

REFERENCES:
(2) Professional Handbook of Complementary & Alternative Medicines, C. Fetrow, J. Avil.
(3) Holistic Herbals, D. Hoffman.
(4) Plant Medicine in Practice, D. Mitchell Jr.
(5) Natural Medicine Comprehensive Database, Pharmacists Letter