



GENESTRA
BRANDS®

Herbal Calm

HERBAL FORMULA

Herbal support for sleep, digestion and menstrual comfort

- Lemon balm and passionflower are traditionally used in Herbal Medicine as sleep aids
- Sweet fennel and lemon balm are traditionally used in Herbal Medicine to help relieve digestive disturbances, including bloating, flatulence and dyspepsia
- Sweet fennel is traditionally used in Herbal Medicine to help relieve the pain associated with menstruation

Herbal Calm is a soothing blend of herbs traditionally used in Herbal Medicine for the nervous, digestive and reproductive systems. Lemon balm and passionflower are traditionally used as sleep aids, which may result from their ability to regulate GABA activity.^{1,2} Along with sweet fennel, lemon balm is also traditionally used to help relieve digestive disturbances including bloating, flatulence and dyspepsia. Sweet fennel has additional uses in traditional Herbal Medicine, including helping to relieve the pain associated with menstruation and as an expectorant to help relieve coughs associated with colds. Herbal Calm also contains valerian, another plant with a long history of use in traditional Herbal Medicine.



EACH CAPSULE CONTAINS:

Sweet Fennel (<i>Foeniculum vulgare</i> subsp. <i>vulgare</i> var. <i>dulce</i>) Seed Extract (4:1)	100 mg 400 mg Dried Equivalent
Lemon Balm (<i>Melissa officinalis</i>) Herb Top Extract (4:1)	50 mg 200 mg Dried Equivalent
Passionflower (<i>Passiflora incarnata</i>) Aerial Parts Extract (4-6:1)	25 mg 100-150 mg Dried Equivalent
Valerian (<i>Valeriana officinalis</i>) Root Extract (2.7:1)	25 mg 67.5 mg Dried Equivalent

Non-Medicinal Ingredients: Cellulose, hypromellose, ascorbyl palmitate, silica

Recommended Adult Dose: Take one capsule three times daily or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond two weeks.

Product Size: 60 Vegetable Capsules **Product Code:** 07508A

NPN 80079354



REFERENCES

1. Sarris, J, McIntyre, E, Camfield, DA. CNS Drugs. 2013; 27(4): 301-19.
2. Miroddi, M, Calapai, G, Navarra, M, Minciullo, PL, Gangemi, S. J Ethnopharmacol. 2013; 150(3): 791-804.

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Scientific Rationale:

Passionflower has a long history of use in traditional medicine as a sleep aid.¹ Preclinical research suggests that passionflower promotes feelings of calm, which may in turn improve sleep quality.² These effects may be due to the active compounds present in passionflower, including amino acids, alkaloids and flavonoids such as chrysin, which can bind GABA receptors.¹ GABA is the primary inhibitory neurotransmitter in the brain, and activating GABA receptors may enhance slow wave (deep) sleep.³ Passionflower may also contain GABA itself, which would provide additional calming support to aid sleep.²

Lemon balm is also traditionally used in Herbal Medicine as a sleep aid. It contains a wide variety of active compounds, including polyphenolics, flavonoids and triterpenes.¹ Specifically, *in vitro* research has reported that the bioactive compounds rosmarinic acid, ursolic acid and oleanolic acid present in lemon balm can inhibit the activity of GABA-transaminase.¹ This enzyme is involved in the conversion of GABA to succinate, which can enter the Krebs cycle for energy production.¹ By helping to maintain GABA levels, lemon balm may promote calmness to aid sleep.¹ In addition, lemon balm is traditionally used in Herbal Medicine to help relieve digestive disturbances, such as dyspepsia. It is commonly used for spasms in the digestive tract as well as flatulence.⁴

Valerian has been used as an herbal remedy for more than 2,000 years.⁵ It contains a wide variety of bioactive compounds, including valerenic acid and valepotriates, along with amino acids (such as GABA and glutamine) and the lignan hydroxypinoresinol.⁵ Valerian is often provided in combination with calming herbs, including lemon balm and passionflower.⁵

Sweet fennel has been used in traditional medicine for the digestive and respiratory tracts.⁶ It is traditionally used in Herbal Medicine to help relieve digestive disturbances including bloating and flatulence. Preclinical research suggests that sweet fennel supports the digestive tract through antispasmodic activity and by promoting gastrointestinal motility.⁷ This herb may also work by reducing lipid peroxidation and oxidative damage in the stomach.⁸ Additionally, sweet fennel is traditionally used in Herbal Medicine as an expectorant to help relieve coughs associated with colds. Preclinical research suggests that anethole and fenchone, bioactive compounds present in sweet fennel, help to break up secretions in respiratory tract so they can be cleared during coughs.⁷

Furthermore, sweet fennel is traditionally used in Herbal Medicine to help relieve the pain associated with menstruation. Its bioactive compound anethole has been shown to exert estrogenic activity.⁹ Preclinical research suggests that sweet fennel may decrease uterine contractions, which may be primarily responsible for the painful symptoms of menstruation.⁷ In one randomized clinical trial, sweet fennel supplementation helped relieve menstrual pain.¹⁰ For three months, participants in the active group received 30 mg fennel capsules every four hours (8 am – midnight) for three days before menstruation until the end of the fifth day.¹⁰ Those in the control group did not receive a supplement.¹⁰ Participants completed questionnaires regarding pain, stress and well-being throughout the study.¹⁰ After three months of fennel intake, menstruation pain significantly decreased when compared to the control group.¹⁰ Therefore, sweet fennel can be used to help relieve painful symptoms of menstruation.¹⁰

REFERENCES

1. Sarris, J, McIntyre, E, Camfield, DA. *CNS Drugs*. 2013; 27(4): 301-19.
2. Miroddi, M, Calapai, G, Navarra, M, Minciullo, PL, Gangemi, S. *J Ethnopharmacol*. 2013; 150(3): 791-804.
3. Murillo-Rodriguez, E, Arias-Carrion, O, Zavala-Garcia, A, Sarro-Ramirez, A, Huitron-Resendiz, S, Arankowsky-Sandoval, G. *Cent Nerv Syst Agents Med Chem*. 2012; 12(1): 38-54.
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