

MIGRA-PROFEN

*Ultimate Support During
Stress and Tension**

ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA	MG EXTRACT PER 2 CAPSULES
Feverfew leaf	(<i>Tanacetum parthenium</i>) 240 mg
Ch. Skullcap root	(<i>Scutellaria baicalensis</i>) 110 mg
Kava Kava	(<i>Piper methysticum</i>) 70 mg
Valerian root	(<i>Valeriana officinalis</i>) 30 mg
Jamaican Dogwood bark	(<i>Piscidia erythrina</i>) 20 mg
Rosemary leaf, Supercritical Extract	(<i>Rosmarinus off.</i>) 8 mg
Ginger rhizome, Supercritical CO ₂ Extract	(<i>Zingiber off.</i>) 8 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

Kavalactones (from Kava Kava)	38.5 mg
Parthenolide (from Feverfew)	1.4 mg

STRESS AND TENSION: THEIR EFFECTS ON HEALTH

The renowned physician Hans Selye is credited as the first to elucidate the profound effect stress can have on human physiology. Dr. Selye clarified that people experience stress differently. Ultimately, how an individual responds to an event determines the extent that event will have on health. The stress response is known as the general adaptation syndrome. This process describes a series of physical reactions to stressful events. During the alarm phase, stress related hormones are released. These allow the body to counteract any physical threat by producing a number of changes in the body such as increased heart rate and reduction of digestive activity. While this phase is short-lived, the resistance phase is designed to allow long term handling of the crisis at hand. During this phase different stress hormones are released, resulting in increased energy and circulatory changes to allow for the longer term coping. While this action is necessary, many of us seem to find little relief from the release of stress related hormones. Ultimately, we tend to reach the exhaustion phase, where we experience low levels of the stress hormones. This leads to a general weakening of various organ systems. This deep exhaustion due to chronic stress is far too familiar in these modern times.

Fortunately, the plant world provides remarkable support for the stress and tension of modern life. Research has demonstrated that many plants display binding activity with synaptic function in the nervous system. This may help explain the long traditional use of a number of plants for strengthening nervous system function and providing a calmative effect. Some of these plants possess other actions that further support their use in stress. Stress can affect the immune system and the digestive system. It can create an abundance

DOSAGE

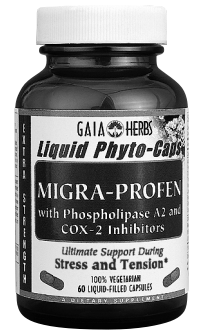
Liquid Phyto-Caps: 2 capsules at the onset of pain and repeat 2 to 3 times at 15 minute intervals.

DURATION OF USE

Use as directed above as needed

BEST TAKEN

Between meals, with warm water



of damaging free radical molecules that affect all types of cells. Inflammation may be involved in the immune response or the free radical response to stress. Antioxidants can help to counteract the free radical damage. Some plants strengthen the immune response while others strengthen digestion. The overall goal of support during stress and tension is achieved by the combination of these actions.

Feverfew leaf has a long history of use in supporting joint health and addressing temporary stress that manifests as headache. Extensive study has shown that Feverfew acts on immune cells to normalize their signals to other cells. This includes blocking release of precursors to prostaglandin production, inhibiting production of inflammation-promoting prostaglandins, and interfering with serotonin's pro-inflammatory effects. Feverfew also seems to prevent platelets from releasing chemical messengers that provoke inflammation. These actions may be particularly important for maintaining the normal structure and function of blood vessels in the brain, as well as for supporting a normalized immune response to stress.

Chinese Skullcap root was and is extensively used in Traditional Chinese Medicine. Its application covers a broad range of uses, including as a support to liver function. It has drawn extensive research interest. Chinese Skullcap possesses powerful anti-oxidant activity. The anti-oxidant activity is thought to be responsible for its liver supportive properties. Numerous mechanisms of Chinese Skullcap appear to help normalize the immune inflammatory response. These immuno-modulating properties result from activity effecting prostaglandin and neutrophil responses.

Kava Kava root is native to the tropical pacific region. Islanders who use it as a ritual beverage during ceremonies have long

revered it. It is traditionally used as a social beverage for chiefs and noblemen for its calming, relaxing effect. Kava is highly regarded in Europe as an effective treatment for anxiety. Numerous clinical studies have supported Kava's use. A recent meta-analysis reviewed several clinical trials to determine the efficacy of Kava for the treatment of anxiety. The reviewers concluded that Kava was superior to placebo as a symptomatic treatment for anxiety. Anxiety is clearly a common condition related to stress and tension, making Kava a welcome addition to this formula.

Valerian root's use as a calmativ e plant dates back to the 18th century. Today, Valerian is listed as an approved herb in the German Commission E Monographs for restlessness and for promoting sound sleep. There are numerous mechanisms of action behind Valerian's calming action. Various constituents in the Valerian root demonstrate supportive activity to the nervous system. In particular, aqueous extract of the whole root and/or the constituent valerenic acid appear to inhibit metabolism of the neurotransmitter GABA. High levels of GABA are associated with mood fluctuations. Several clinical trials have shown good results in improving various aspects of sleep quality. In addition to these benefits, Valerian brings powerful anti-spasmodic activity to this formula.

Jamaican Dogwood grows in the Caribbean, Mexico and Texas. The bark is known to support healthy sleep when stress and tension play a role. It is also known to support female reproductive health, particularly where its powerful antispasmodic activities can ease pain associated with a normal menstrual cycle.

Rosemary is an antioxidant and soothing plant with a history of use for stress that manifests as headache. It is also used as an anti-spasmodic for muscle spasm and for the digestive system. Although some conflicting reports exist - a number of compounds found in Rosemary appear to support the immune system by normalizing the inflammatory response associated with immunity. Rosemary does all this under the guise of tasty spice; it is a favorite of cooks around the world.

Ginger root is another favorite herb in the kitchen, with a long traditional use as a food and spice. Its folk use included support to the digestion and anti-spasmodic application. It is a warming herb that supports cardiovascular function as well. Research suggests that Ginger has an effect on the immune inflammatory response, by normalizing prostaglandin and leukotriene production.

Note: The intention of this information is to represent the traditional use of the individual botanicals found in these formulas and to inform the reader of any evolving scientific inquiry relevant to the formula's ingredients.

COMPLEMENTARY HERBS / FORMULAS

Infla-Profen, Feverfew

SAFETY EVALUATION/CONTRAINdicATIONS

Do not use this product during pregnancy or lactation.

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a healthcare professional before use

if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light-colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. Use only as directed on label.

DRUG INTERACTIONS

Consult a physician if you are taking any pharmaceutical drugs. Migra-Profen should be used with caution when combining with aspirin, non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, warfarin (Coumadin), heparin, or any other drug that affects blood clotting.

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.