

PHYTO-PRÖZ

Ultimate Support for Emotional Well Being*



ALCOHOL-FREE CONCENTRATED EXTRACTS OF: FORMULA

	MG EXTRACT PER 3 CAPSULES
St. John's Wort flower bud (<i>Hypericum perforatum</i>)	105 mg
Kava Kava rhizome (<i>Piper methysticum</i>)	103 mg
Schizandra berry (<i>Schizandra chinensis</i>)	90 mg
Eleuthero root (<i>Eleutherococcus senticosus</i>)	45 mg
Ginkgo leaf (<i>Ginkgo biloba</i>)	30 mg
Passionflower vine (<i>Passiflora incarnata</i>)	27 mg
Wild Oats milky seed (<i>Avena sativa</i>)	21 mg
Gotu Kola herb (<i>Centella asiatica</i>)	18 mg
Prickly Ash bark (<i>Zanthoxylum clava-herculis</i>)	9 mg
Nettle seed (<i>Urtica dioica</i>)	6 mg
Rosemary supercritical extract (<i>Rosmarinus officinalis</i>)	3 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

Hypericins (from St. John's Wort)	0.525 mg
Kavalactones (from Kava Kava)	57.0 mg

A HEALTHY NERVOUS SYSTEM

This compound synergistically enhances emotional well being through a number of different strategies. The plants enjoy long historical use for supporting nervous system health. While some specifically build and support nervous system function, others address anxiety. Some act to support the function of the adrenal gland and its production of stress hormones. Adaptogens improve the body's ability to handle stress. Traditional use of these plants supports the formula's overall objective.

Modern research lends preliminary support to the formula as well. The strategic objective of Phyto-Proz includes the normalization of neurotransmitters in the central nervous system. This involves normalization of serotonin availability.

Kava Kava is often used today with nervous anxiety. Traditional use throughout its native land of the South Pacific islands centered around elevating the mind and relaxing the body. Kava has been the subject of numerous clinical trials for the treatment of nervous anxiety. The respected German Commission E has approved Kava for nervous anxiety, stress, and restlessness. Research into its mechanism of action have been inconclusive, though it does appear to have some kind of effect on neurotransmitters of the central nervous system.

St John's Wort is said to be "for the nervous system, what arnica is for the muscular". In other words, it has a profound soothing effect in the nervous system. St. John's Wort also is known traditionally for its positive affect upon digestion and liver function, although such use is seldom mentioned anymore. This plant is best known for its benefit with supporting emotional health. A number of well-controlled clinical trials have supported such use. St John's Wort is shown to effectively inhibit serotonin reuptake, making the

DOSAGE

Liquid Phyto-Caps: 1 capsule, three times daily

DURATION OF USE

4-6 months

BEST TAKEN

Between meals, with warm water

neurotransmitter more available. This 'happy' neurotransmitter is vitally important to emotional well being. The Commission E has approved St. John's Wort for stabilizing moods, anxiety and/or nervous unrest.

Passionflower is a favorite traditional herb, well suited as a relaxant. It specifically provides support when stress wears down the nerve force. Alkaloids from the Passionflower appear to affect the enzyme mono-amine oxidase, which could further contribute to the normalization of neurotransmitters associated with emotional well-being. Additionally, benzodiazapene binding with its constituent apigenin may be responsible for anti-anxiety effects. These studies are preliminary and not conclusive.

Gotu Kola is traditionally known to reduce mental chatter, calming the mind while promoting increased clarity.

Schizandra berry is a powerful adaptogen and antioxidant. As an adaptogen Schizandra berry facilitates the body's ability to manage stress properly. As an anti-oxidant, Schizandra prevents oxidative damage to the brain and nerve cells. It also supports liver function.

Siberian Ginseng together with Schizandra are reportedly the finest combination of adaptogenic plants. This important herb improves the body's response to stress, normalizes endocrine responses, enhances liver function and builds nervous system health.

Wild Oats are nutritive to all tissues within the body. This herb, as so many others in this formula, improves the nerve force and vitality especially when the body/mind have become exhausted.

Nettle seed is a powerhouse of nutrition for the brain. It is said to supply brain nutrients such as choline and acetyl-choline and acts to build mental energy and wakefulness.

Acorus calamus is a simple Ayurvedic plant that supports brain function and digestive health. The American variety (*A. calamus* L. var. *americanus* Wolff) is used, as it does not contain the carcinogenic constituent beta-asarone.

Prickly Ash is the circulatory stimulant within the formula. It is particularly suited here to promote blood supply to the periphery.

Note: The intention of 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

St. John's Wort, Anti-Oxidant Supreme

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

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DRUG INTERACTIONS

Consult a physician if you are taking any pharmaceutical drugs.

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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.