CalmEz Brain Tonic

Calm Heart, Strong Liver

(Hypoallergenic)

CalmEz, Item # 75160
Available in bottles of 150 tablets

The Possible Benefits of CalmEz, a Dietary Supplement

- May support the body in the promotion of sleep and comfort during sleep.
- May support brain function, calming, mood enhancement and refreshment.

"Calms the spirit, relieves constraint; for bad temper, sadness, sleep enhancement, irritability and poor memory due to constrained emotions." - Chinese Herbal Medicine Materia Medica, Albizzia julibrissin

Description

CalmEz Brain Tonic was developed by a family of physicians from Thailand for mood enhancement, brain function, calming, and sleep. Utilising herbal extracts from traditional Chinese medicine (TCM) in a novel combination, CalmEz provides support for deep sleep, and supports the major organs involved with the feeling of refreshment in the morning, the liver and the heart. The formula originates from a unique application of oriental medicine used over several generations. CalmEz also supports increased circulation in the brain, and can be used during the day for calming and mood enhancement.

In Chinese medicine, conditions of irritability, frustration, nervousness and insomnia involve both the liver and the heart. An excess or constrained liver needs calming down, and imbalance in the liver affects the heart. In Chinese theory, the liver element is wood, and the heart element is fire. The liver is the 'mother' of the heart, and smoothing out the liver will help nourish the heart. A strong and balanced liver reduces irritability, and a calm heart deepens sleep. CalmEz addresses both organs and supports both deep sleep and re-invigoration.

The bark of Silk Tree (Albizia julibrissin), or mimosa, has been used in TCM for thousands of years for melancholia and uneasiness of body and mind. The direct English translation of the Chinese name is "collective happiness bark", and it is indicated for anything involving irritability. It is thought to primarily benefit the liver, promoting flow of constrained liver Chi and invigorating the blood. Silk Tree calms the spirit, and supports healthy temper, mood, sleep and memory.

Research primarily from Asia has begun to verify the traditional uses of Silk Tree bark. Studies show that it has anxiolytic properties, acting via the serotonergic nervous system. It may inhibit neurotransmitter release by reducing the level of core complex formation. Korean research showed that the mood effects of Silk Tree extract are equal to that of imipramine, and that it acts via the 5-HT1A receptor system.

Silk Tree bark extract's active components include saponins, flavonoids, machaerinic acid lactone, machaerinic acid methylester, acacigenin B, julibrotriterpenoidal lactone A, phenolic glycosides, and a glycosphingolipid (one of a class of important components in muscle and nerve cell membranes). Powerful antioxidant activity occurs in both the crude extract and its major constituents, and Asian research also suggests that specific saponins may have cytotoxic effects.

Jujube (Ziziphus spinosa) has been cultivated in China for more than 4000 years. In TCM, jujube seed is used as a calming herb, thought to nourish the heart yin and viscera, and augment liver blood. It is sedative, hypnotic and anodyne. It helps remove obstructions to the flow of Chi and quiet the spirit, and is useful for palpitations, nervous exhaustion, irritability, insomnia, night sweats, anxiety and forgetfulness. It is also considered stomachic, anodyne and a liver tonic, thought to purify the blood, help digestion, and increase vitality and stamina.

The research on jujube seed extract is extensive. Studies show that jujube seed extract compounds have significant sedative and hypnotic effects in animals. Taiwanese research confirmed that jujube seed extract may be anxiolytic at lower

doses and sedative at higher doses. Among 50 traditional Korean herbs, jujube best activated choline acetyltransferase in vitro.

The active compounds in jujube seeds are saponins, flavonoids and fatty acids, including jujuboside A, jujuboside B, lauric acid, myristic acid, palmitic acid, palmitoleic acid, stearic acid, oleic acid, linoleic acid, arachidic acid and docosanoic acid. The jujube saponins can decrease monoaminergic system activity , and both the flavonoids and saponins exhibited sedative and hypnotic properties. Specifically, jujuboside A can inhibit hippocampal formation, as well as the glutamate-mediated excitatory signal pathway in the hippocampus, probably through its anti-calmodulin action. Aporphine and cyclopeptide alkaloids were also identified as sedative principles in jujube seeds.

Jujube extract inhibited NMDA-induced neuronal cell death and glutamate release, and pretreatment with it inhibited NMDA-induced elevation of cytosolic calcium concentration and formation of reactive oxygen species. The active ingredient oleamide was found to protect mice from scopolamine-induced memory and/or cognitive impairment.

Ramulus uncariae, (Gambir plant in English and Gou Teng in Chinese), is used in traditional Chinese medicine to relieve spasm, clear heat and calm the liver. It acts on the liver and pericardium channels.* Ramulus uncariae is used in TCM herbal formulas for tremor, restlessness, numbness and spasm of extremities, for clearing headache and swollen eyes, for dizziness and light-headedness, and for tinnitus. Because it can dilate the blood vessels, it is thought to support healthy blood pressure. Ramulus uncariae is a strong antioxidant and helps balance brain chemistry.

Animal research shows Ramulus uncariae can support brain circulation and vascularity. It is neuroprotective, in particular against ischemia-induced neuronal loss. It supports learning and memory by boosting the central acetylcholine system. It has several different mechanisms of vasodilation, as well as antioxidant activity. It enhances brain circulation and is a key component in a Kampo medicine for hypertension and cerebral circulation, and also may protect the endothelium from damage by hypertension. These qualities may also explain the reported use for tinnitus. The calcium channel-blocking active constituents of Ramulus uncariae are oxyindole-type alkaloids, rhynchophylline,corynoxeine, isorhynchophylline and isocorynoxeine.

Serving Size: 3 Tablets
Servings Per Container: 50

Amount Per Serving:

Proprietary blend	1800 mg
Ramulus uncariae (Hook) Extract	
Jujube (*Ziziphus spinosa*) (Seed) Extract	
Silk Tree (*Albizia julibrissin*) (Bark) Extract	

Other ingredients: Rice starch.

Suggested Use: As a dietary supplement, for calming: 1 to 3 tablets two times daily; for sleep: 2 to 6 tablets before sleep, or as directed as a healthcare practitioner.

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