

# CALM THOUGHTS™

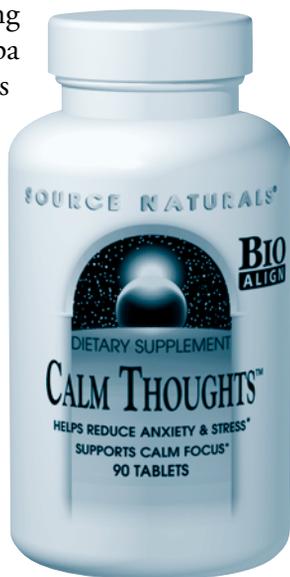


## Calm Your Anxiety

**S**tress: it disturbs your serenity. Ultimately it takes a physical toll on your health. And it seems to be an unavoidable part of hectic modern life. Source Naturals CALM THOUGHTS was designed to help you stay calm in the face of stress and anxiety—without sacrificing the clarity and focus you need to function effectively.

CALM THOUGHTS is a Bio-Aligned Formula™ that addresses the multiple body systems involved with stress. It influences neuromodulation, energy generation, the adrenals and the musculoskeletal system. CALM THOUGHTS combines soothing botanicals, such as St. John's wort, bacopa and Relora®, with supporting nutrients including GABA, L-theanine, magnesium, tyrosine, and folic acid.

At a time when our emotional well-being is challenged by unprecedented stress levels, Source Naturals brings you supplementation that goes deep to address your body's response to anxiety. CALM THOUGHTS reflects today's revolution in natural health care, offering you safe, effective supplementation.



*Strategies for Wellness*™

CALM THOUGHTS influences specific body systems that help reduce anxiety and stress: neuromodulation, energy generation, the adrenals and the musculoskeletal system.

### **Neuromodulation: Balancing**

The human brain is your most complex organ. Its intricate balance of chemicals and neurotransmitters can be addressed by botanicals and nutrients that ultimately influence your emotions and mental state. To do this, CALM THOUGHTS contains bacopa, used extensively in Indian herbalism as a nervous system tonic, and ginkgo, which promotes circulation. St. John's wort is the most extensively studied herb today for promoting a positive mood, while tyrosine is a precursor to the catecholamines, norepinephrine and dopamine, which play an important role in mood balance. Additional ingredients that support balancing neuromodulation include Relora® herbal blend, calcium, magnesium, and the B-vitamins.

### **Neuromodulation: Inhibitory**

The brain has chemical mechanisms to calm and relax you by inhibiting stimuli overload. L-Theanine and bacopa are specifically used for anxiety and upset nerves, and to support a calm sense of being. GABA is an inhibitory neurotransmitter, lemon balm and valerian are well-known calmatives, and taurine modulates certain nerve impulses. Vitamin B-6 is important for the healthy functioning of nerves. CALM THOUGHTS also supports inhibitory neuromodulation with the adaptogen ashwagandha and with warming ginger.

### **Stress Response: Adrenals**

During ongoing stress, great demands are placed upon the adrenal glands. When this happens, the body may be in a continuous state of "fight or flight." Vitamins B-5 and C are important for the healthy functioning of the adrenals and are used more during times of stress. Herbs that promote overall well-being and help the body deal with external stresses include ashwagandha, schisandra, *Eleutherococcus senticosus* and licorice.



### **Stress Response: Musculoskeletal**

Tight muscles are the all-too-familiar result of stress. Muscular relaxation can have an immediate soothing effect, both physically and mentally. Calcium and magnesium are minerals essential for the normal contraction and relaxation of muscle fibers. Taurine and valerian also address musculoskeletal stress.

### **Energy Generation**

The brain is the most energy-consuming organ in the body. CALM THOUGHTS supports calm focus while helping you

stay alert. Specific ingredients that support energy generation include ginger, schisandra, copper, magnesium, manganese, folic acid, and B-vitamins.

### **Strategies for Wellness<sup>SM</sup>: A Healthy Mood Plan**

Lifestyle choices can help you maintain a positive attitude in response to the normal stresses of everyday life.

**Simplify Your Life:** Is it important to have a luxury car or a large house? If so, you will have to work long hours and worry about making ends meet. How important are all the activities in your busy schedule? Choose one or two you truly enjoy and reevaluate your commitment to the others.

**Eat Well:** Anxiety drains your energy, so it is important to nourish your body in the face of stress. Eat fruits, vegetables, whole grains, and high-protein foods, and consider taking nutritional supplements. Avoid excessive caffeine, alcohol and sugar, which raise energy in the short term but lead to depleted energy over time.

**Get Active:** Exercise improves blood flow to your brain, and helps release “feel good” chemicals called endorphins into your blood stream.

**Meditate:** This effective relaxation method can divert your mind from problems, give you time to recuperate, and help with clear thinking, focus and concentration. It also slows your breathing, allowing your lungs to fill with fresh oxygen and to release waste products.

**Express Yourself:** Keeping a journal is a great way to think about what upsets you and how it can be changed. Artistic expression—drawing, painting, or sculpting—may help reconcile inner conflicts and foster self-awareness. Dance or movement therapy may be your preferred mode of expression, especially for gaining a sense of ease with your body. Or music may help you relax or feel upbeat.

**Share Your Feelings:** Develop supportive relationships—just talking to friends or family, even without finding solutions, can help you feel better. And you may get insights that help you articulate what you are struggling with. Know when to seek professional help if problems become overwhelming.

### **Emotional Well-Being: Important Component of the Wellness Revolution**

Source Naturals is pleased to join with your local health food store in offering you an advanced herbal-nutrient blend that draws on the remarkable properties of the plant world and the latest advances in nutritional biochemistry. A calm mental attitude can be an important underlying factor for good health. CALM THOUGHTS can help you support a positive mood with this exclusive Bio-Aligned formulation, which reflects today’s revolution in natural health care.

For calmness with clarity and focus, choose Source Naturals CALM THOUGHTS. This groundbreaking formula is available in 45 and 90-tablet bottles.

**CALM THOUGHTS™ is a Bio-Aligned Formula™**  
**Multi-System Support for Reduced Anxiety**

<b>Neuromodulation: Balancing</b>	<i>Bacopa monniera</i> , Ginkgo biloba, Relora®, St. John's Wort, Tyrosine, <i>N</i> -Acetyl Tyrosine, Calcium, Magnesium, Vitamins B-1, B-2, B-5, B-6, & B-12
<b>Neuromodulation: Inhibitory</b>	Ashwagandha, <i>Bacopa monniera</i> , GABA, Ginger, L-Theanine, Lemon Balm, Taurine, Valerian, Vitamin B-6
<b>Stress Response: Adrenals</b>	Ashwagandha, Licorice Root, Schisandra, Eleutherococcus senticosus, Vitamins B-5 & C
<b>Stress Response: Musculoskeletal</b>	Taurine, Valerian, Calcium, Magnesium
<b>Energy Generation</b>	Ginger, Schisandra, Copper, Magnesium, Manganese, Folic Acid, Vitamins B-1, B-2, B-3, B-5 & B-6

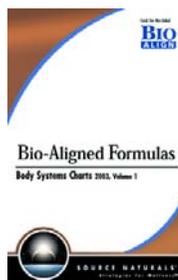
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To learn more about Source Naturals Bio-Aligned Formulas™, visit our website, [www.sourcenaturals.com](http://www.sourcenaturals.com), or look for the Bio-Aligned Chart Book at participating health food stores.



Strategies for Wellness<sup>sm</sup>

[www.sourcenaturals.com](http://www.sourcenaturals.com)

The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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