

# SERENITY

For Ultimate Support of  
Relaxation\*

## ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA	MG EXTRACT PER 3 CAPSULES	
Skullcap herb	( <i>Scutellaria lateriflora</i> )	60 mg
Passionflower vine	( <i>Passiflora incarnata</i> )	60 mg
Kava Kava rhizome	( <i>Piper methysticum</i> )	60 mg
Chamomile flowers	( <i>Matricaria recutita</i> )	45 mg
Wild Oats milky seed	( <i>Avena sativa</i> )	27 mg
Hops strobile	( <i>Humulus lupulus</i> )	24 mg
Mugwort herb	( <i>Artemisia vulgaris</i> )	15 mg
Peppermint leaf	( <i>Mentha piperita</i> )	9 mg

## A SOOTHING CHARM

This calming formula works not only as a nervous relaxant, but also as a nervous system strengthener, particularly where overwork and stress play a role. Additionally, botanicals that help with anxiety and support digestion have been incorporated to ease these often seen but unwanted manifestations of stress. This formula works like a soothing charm, and has almost immediate influence.

American Skullcap was used extensively by the early Eclectic healers of the last century as a nutritive tonic and a soothing agent. It was said to be especially useful for nervous stress, particularly when manifested as "excitability, restlessness, or wakefulness". Skullcap has been brought into this formula for its specific use with nervousness from mental or physical stress. It is this highly specific use that makes Skullcap an excellent addition to this stress formula.

Passionflower vine shares with American Skullcap its traditional use as a soothing remedy for nervous excitement and irritability. When mental worry and weariness are evident, the Passionflower is considered specific. The monograph published by Germany's Commission E lists Passionflower for use with nervous restlessness. In addition, there is some evidence to suggest that Passionflower provides support during times of anxiety.

Kava Kava is often used for support during nervous anxiety. It has been said that having consumed Kava, you "feel friendly" and "cannot hate". Used traditionally to elevate the mind and relax the body, Kava has been the subject of numerous clinical trials for the treatment of nervous anxiety.

Chamomile flowers are considered soothing, with specific influence on digestion. *Matricaria*, the first of Chamomile's scientific names, comes from the root word 'matrix', meaning womb or mother. This reflects the opinion that it is particularly useful in supporting female reproductive health. A surprising amount of research exists for this botanical that is often

## DOSAGE

Liquid Phyto-Caps: 1 capsule, 3 times daily

## DURATION OF USE

3-4 months

## BEST TAKEN

Between meals, with warm water



considered mild - science being more inclined to research powerful, pharmacologically vociferous plants. It is, however, extremely reliable and finds itself in this Serenity formula for its calming effect with restlessness and irritability, particularly where there is a need for support with digestion and flatulence.

Wild Oats are considered supportive to nervous system health, specific for those individuals who experience nervous exhaustion. This use is reflective of its traditionally espoused ability to restore the "wasted elements of nerve force". Wild Oats is another plant that has received official mention by the German Commission E, in this case for (temporary) anxiety, stress, and weakness. It also is discussed as a restorative tonic.

Hops strobiles are used traditionally for nervous irritation and wakefulness, chiefly where temporary anxiety and worry are the cause. The German Commission E monograph mentions Hops for restlessness and anxiety, as well as for enhancement of sleep function. Hops was used historically to encourage digestion and to promote healthy cerebro-spinal function. Hops serves this formula as a valued relaxing and restorative tonic.

Mugwort also receives mention by the German Commission E as a calmative plant, for use with (temporary) restlessness, anxiety, and sleeplessness. Similar to a number of other plants in this formula, Mugwort promotes healthy digestion, thereby assisting with an increase in overall vitality.

Peppermint possesses a soothing action, promotes healthy digestion, and helps to relieve intestinal bloating and flatulence. The German Commission E has stated that Peppermint supports digestion and promotes liver health. Finally, it enhances the overall taste of this formula.

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.

## 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. Safety sealed for your protection. Keep bottle capped at all times and store in a cool dry place. Natural separation may occur. This does not affect product quality. Do not use if safety seal around cap is broken or missing.

## GENERAL REFERENCES

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## KNOWN DRUG INTERACTIONS

Consult a physician if you are taking any pharmaceutical drugs.

## COMPLEMENTARY HERBS / FORMULAS

Skullcap / St. John's Wort Supreme, Melissa Supreme

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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.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.