



PhytoCalm

Endobiogenic Concept™ Formula #6

PhytoCalm may be useful for

- anxiety
- mild depression
- insomnia
- headache.

The Ingredients:

California Poppy is the state flower of California. It was used traditionally by Native Americans for its sedative, anti-anxiety, antidepressant, and analgesic properties. The plant's medicinal properties are likely due to the large variety of isoquinolines it contains including californidine, californine, chelerythrine, chelilutine, chelirubine, coptisine, cryptocavine, cryptopine, escholidine, escholine, escholinine, eschschooltzidine, protopine and sanguinarine. California Poppy also contains the flavonoids rutin and quercetin. California Poppy does not contain opiates and it is not habit forming.

California Poppy does not contain the same alkaloids found in opiates but it contains alkaloids that might cause a false positive on urine drug test. Opinions from other sources insist that it cannot cause false positives.

Mother Wort has sedative and tranquilizing effects. It has a long history of use for relieving muscle spasm.

Lemon Balm The active medicinal ingredients in lemon balm include citronella, citral, tannins, and geraniol. It has used by herbalist for anxiety, depression, palpitations, menstrual pain, and nervousness.

PhytoCalm has not been evaluated in pregnant and lactating women. Its use is not recommended.

Supplement Facts: Serving Size: 1 Capsule, Servings per Container: 60 or 270

Each capsule contains 432 mg Proprietary Blend:

California poppy (*Eschscholtzia californica*) whole plant extract, motherwort (*Leonurus cardiaca*) herb extract, lemon balm (*Melissa officinalis*) herb extract.

Other ingredients: Magnesium stearate, gelatin (capsule).

Suggested Use: 2 - 4 Capsules per day

Highest quality HPLC analyzed herbal extracts.

How PhytoCalm is Supplied:

VMEC6-01 Bottles of 60 Capsules

VMEC6-02 Bottles of 270 Capsules



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*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*