Calmatrol is a synergetic formula made of ingredients that have been historically used to support a state of calmness and impart a sense of well-being. The combination of well-known botanicals has been shown through research to have a calming effect, promote deeper sleep and offer stress support. Valerian root is one of the most widely known botanicals used to help with sleep support and is known to produce a state of relaxation. Passion flower has also been used historically to induce a state of relaxation and has been used in those with overstimulation and scattered thoughts. Formulated for and easy compliance, Calmatrol includes 200 mg valerian, 100 mg chamomile, 50 mg passion flower and 50 mg hops as standardized botanical extracts and herb powders.

Overview
Research has shown that the main ingredients in Calmatrol act to support gamma-aminobutyric acid (GABA) levels, a chief neurotransmitter in the body’s central nervous system (CNS) that promotes a sense of calmness and counter-acts the effects of stress. The ingredients in Calmatrol work in synergy to stimulate the production and inhibit the reuptake of GABA, allowing for greater support of GABA activity in the CNS in order to help induce relaxation. While many anxiety medications that exert GABA agonist effects may cause dependency over time, natural GABA support is non-habit forming.

Valerian Root
Perhaps the most studied botanical for sleep support, valerenic acid, an active component in valerian root, has been found to both inhibit the reuptake and stimulate the release of GABA in the CNS.[1,2] Other components within valerian extracts have been found to exert GABA-agonist activity by binding to GABA receptors. Randomized trials consistently show significant benefits to supplementing valerian over placebo.[3] One randomized, double blind, placebo-controlled trial (comparing 600 mg/day of valerian extract given with another therapy for 6 weeks), showed valerian to be equally effective in supporting occasional sleeplessness.[4]

Passion Flower
Passiflora incarnata, also called the maypop, has long been used in herbal remedies for its calming effects. Numerous flavonoid components function as active ingredients,[5] most by binding to the GABA receptor.[6,7] A randomized, placebo-controlled trial (60 people aged 25-55 years, scheduled for spinal anesthesia) showed those given passion flower experienced a significantly greater sense of calm before being administered anesthesia.[8] Passion flower has also been shown to offer sleep benefits for adults with fluctuations in sleep quality.[9]

Chamomile
Used as a natural calming remedy for thousands of years, bioactive compounds in chamomile have the ability to bind to GABA receptors, modulate monoamine neurotransmission and also display neuroendocrine effects.[10] In-vitro animal studies of German chamomile and hops showed significant inhibition of glutamic acid decarboxylase (GAD) activity, exerting a calming effect.[11] A randomized, double-blind, placebo-controlled study (57 participants given either 220 mg of chamomile or placebo), observed significantly better scores related to a sense of calmness and relaxation.[12]
Hops†

Traditional medicine has used hops for its effects on sleep for centuries and, more recently, for its calming effects. A study of 17 healthy female nurses working rotating night shifts looked at the effect of hops on overnight sleep and chronobiological parameters following the ingestion of hops for 14 days. Researchers found that sleep latency diminished in the group receiving the hops compared to the control group and found a significant calming effect.[13]

Directions

1 capsule three times per day or 2 capsules at bedtime, or as recommended by your healthcare professional.

Does Not Contain

Gluten, yeast, artificial colors and flavors.

Cautions

Do not consume this product if you are pregnant or nursing. Consult your physician for further information.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>60</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1 capsule contains</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valerian Root Extract</td>
<td>200 mg</td>
<td>*</td>
</tr>
<tr>
<td>(Standardized to contain 0.8% Valerenic Acids)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>German Chamomile Flower (from Asteracea Family)</td>
<td>100 mg</td>
<td>*</td>
</tr>
<tr>
<td>Hops Strobile (from Pollen)</td>
<td>50 mg</td>
<td>*</td>
</tr>
<tr>
<td>Passionflower Extract (Aerial Portion) (Standardized to contain 3.5% Flavonoids)</td>
<td>50 mg</td>
<td>*</td>
</tr>
</tbody>
</table>

* Daily Value not established

ID# 824060 60 Capsules

References


† 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.