



Calm-Pro®

L-Theanine · Tropical Breeze · 100 mg

- Reduces stress and anxiety, restoring a calm mental state
- Contains Suntheanine®, a pure form of L-theanine, produced via a patented enzymatic process resulting in 100% pure L-isomer theanine
- Suntheanine is the most clinically studied L-theanine
- Delicious tropical fruit-flavoured chewable tablets

Code: 9282 **NPN:** 80020918
Size: 90 Chewable Tablets
Actual Size: 19.16 mm diameter



PRODUCT SUMMARY

L-theanine is an amino acid found naturally in tea. It has been shown to exert a calming effect on the brain, triggering the production of alpha brain waves associated with an awake-relaxed state, and decreasing beta brain waves associated with feelings of restlessness and nervousness. L-theanine influences levels of the neurotransmitters dopamine, serotonin, norepinephrine, and glutamate, and is also metabolized into gamma-aminobutyric acid (GABA), a neurotransmitter that is key to relaxation and memory.

L-theanine can help to temporarily promote relaxation and improve feelings of stress. In one study, a group of 50 female subjects, aged 18–22 years, were divided into a high-anxiety and a low-anxiety group. They received either water (as a control) or a solution containing 50 mg or 200 mg of L-theanine, and their brain waves were measured for 60 minutes afterwards. Compared to controls, the group receiving 200 mg of L-theanine had a significant increase in alpha brain waves, indicating a relaxation effect. Similar results were seen in another clinical trial where 35 healthy young volunteers received 50 mg of L-theanine and had elevated alpha brain wave activity for 105 minutes afterwards.



CALM-PRO®
L-THEANINE · TROPICAL BREEZE · 100 MG

Serving Size: 2 Chewable Tablets

Servings Per Container: 45

Each Tablet Contains:

Suntheanine® L-Theanine 100 mg

Non-medicinal Ingredients: Organic cane juice, stearic acid, xylitol, silica, natural flavours, citric acid, vegetable grade magnesium stearate (lubricant).

Recommended Adult Dose: Chew 2 tablets per day or as directed by a health care practitioner. Keep out of reach of children.

Recommended Use: Helps to temporarily promote relaxation.

Contraindications: While no specific contraindication exists or is predicted, data is lacking for use during pregnancy and lactation, and in children; the dosage may need to be reduced for those younger than 18.

Drug Interactions: L-theanine is known to have a hypotensive effect in some individuals, and concomitant use of antihypertensive drugs may potentiate their activity.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, wheat, gluten, yeast, soy, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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Burnaby, BC V3N 4T6
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Calm-Pro™ – The Green Tea Serenity Factor

About Calm-Pro

- Calm-Pro uses Suntheanine®, the most clinically studied L-theanine.
- L-theanine is a naturally occurring amino acid found in green tea.¹
- L-theanine increases brain wave activity in the alpha band frequency, which helps relax and calm the mind without inducing drowsiness.²
- Calm-Pro is rapidly absorbed by the body, with effects being felt within 30 to 40 minutes after taking it.³
- Reduces levels of cortisol, the primary stress response hormone.⁴
- L-theanine in combination with caffeine improves alertness and mental performance.⁵
- Calm-Pro enhances sleep quality allowing you to awaken the next day feeling less tired and more refreshed.^{6,7}
- Eases mood-related symptoms associated with premenstrual syndrome.⁸

How to Use Calm-Pro

- Chew 2 tablets per day or as directed by a health care practitioner.

Cautions and Contraindications

- While no specific contraindication exists or is predicted, information is lacking for use during pregnancy, breastfeeding, and in children. The dosage may need to be reduced for those less than 18 years of age. Keep out of reach of children.

Drug Interactions

- May increase the uptake of certain types of chemotherapy drugs such as doxorubicin.⁹

Quick Tips for Optimal Health

- Ensure adequate sleep. Getting only four hours of sleep, instead of eight hours, increases the stress hormone cortisol by 37% the next day.¹⁰
- Manage your stress. Excess stress of any type can reduce your immunity by 50%.¹¹
- Listen to music. Exposure to music, instead of just resting, can have big benefits in reducing excess stress.¹²
- Exercise. Regular exercise is associated with emotional resilience to acute stress in healthy adults.¹³
- Cut down salt. Reducing your salt intake helps decrease anger and improve your day-to-day mood.¹⁴
- Get a massage. In a high-stress job, 15 minutes of gentle back massage per week helps reduce both, physical and mental stress.¹⁵

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

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Managing stress, anxiety and insomnia

We all get stressed from time to time, whether it's good or bad stress. Most people think of "stress" as a bad thing, but there can be good stress, too: a new house, a baby, or a promotion at work. In small doses, stress can be very motivating, but long term, it can be overwhelming. Left unchecked, stress can affect you both physically and mentally, decreasing the enjoyment of everyday living and impacting your ability to perform at home and work.

Effective options are available. The body can be naturally supported to increase its ability to cope with mental, emotional, or physical stress. Outcomes that could lead to depression, angry outbursts, burnout, or illness can be avoided.

Bioclinic Naturals' stress and sleep products can help you cope with occasional and chronic stress and promote sound, healthy sleep. Used alone or in combination, these supplements can provide the right stress support you need.

Sereni-Pro™ – Helps relieve symptoms of chronic stress and anxiety

Somno-Pro® – Relieves mild insomnia and calms nervousness

Calm-Pro® – Promotes deep relaxation and mental clarity

GABA-Pro® – Provides fast-acting relief for nervousness and acute stress

CortAlign® – Increases resistance to stress and anxiety



Do you...

- Have trouble getting to sleep at night?
- Feel stressed, anxious, or nervous?
- Have a hard time concentrating and staying focused?
- Forget things easily and have trouble remembering?
- Struggle with stress-related eating and food cravings?

Talk to your health care practitioner about how these products can help.



Visit our website at bioclinicnaturals.com



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STRESS AND SLEEP SUPPORT



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MANAGING STRESS NATURALLY

Common signs of stress

- Anxiety
- Headaches
- Insomnia
- Weight loss/gain
- Irritability
- Cravings
- Fatigue
- Severe behavioural changes
- Memory loss

Although some of these symptoms can have other causes like diet, allergies, and illness, if you know your body is not responding properly, talk to your health care practitioner. They can offer solutions that can help.



GABA-Pro®

Provides fast-acting relief for nervousness and acute stress

GABA-Pro is a 100% natural product, providing a fast solution for situations of extreme stress, like phobias and fears, and is particularly helpful in counteracting the effects of caffeine. GABA-Pro is made with PharmaGABA®, which is produced naturally from *Lactobacillus hilgardii* and is able to cross the blood-brain barrier to promote relaxation.

GABA is more than twice as powerful as the L-theanine in Calm-Pro, and the effective dose is lower. GABA-Pro is available in delicious chewable tablets or vegetarian capsules.



CortAlign®

Increases resistance to stress and anxiety

When the body is stressed, the adrenal glands are activated. Cortisol is initiated, as is adrenalin, increasing metabolic rate and heartbeat. This combination sends blood throughout the body to enhance physical strength and performance to deal with the stress. Once the stress is over though, cortisol and adrenalin should stop. Unfortunately, chronic stress can leave them "on" all the time, preventing the body from recovering and causing cellular damage, blood sugar problems, and "adrenal fatigue."

CortAlign is a combination of KSM-66 Ashwagandha®, Relora® blend (magnolia and phellodendron), Suntheanine® L-theanine, and phosphatidylserine that support and balance the adrenal glands to resist stress and fatigue in an effective tablet.

Calm-Pro®

Promotes deep relaxation and mental clarity

Calm-Pro contains Suntheanine, a pure, patented form of L-theanine, an amino acid from green tea. L-theanine has been shown to increase alpha waves in the brain, which indicate an awake, yet relaxed state. L-theanine, especially in chewable form, is quickly absorbed. This helps to effectively reduce anxiety from a variety of causes including PMS, nicotine cravings, stress, and too much caffeine.

Calm-Pro's delicious, fast-acting chewable tablets work in as little as 15 minutes, promoting a relaxed but alert state that can last 8–12 hours.



Somno-Pro®

Relieves mild insomnia and calms nervousness

Somno-Pro contains a synergistic combination of Suntheanine® L-theanine, 5-hydroxytryptophan (5-HTP), and melatonin.

Suntheanine is a patented form of L-theanine, designed to calm the mind and promote restful sleep. While not typically a sedative, it works synergistically with melatonin and 5-HTP to promote sound, restorative sleep.

5-HTP is an amino acid that converts to serotonin in the brain, a key brain chemical related to sleep. 5-HTP has been shown to decrease the time getting to sleep and the number of times waking through the night.

Melatonin is a hormone that helps induce sleep and works best if a person's natural melatonin levels are low. It can help children and adults initiate and maintain sleep, and is useful for people with normal sleep patterns and those with insomnia.

Somno-Pro can safely help you fall asleep faster, get a better quality of sleep, and awake refreshed, and is available in delicious chewable tablets or vegetarian capsules.

Sereni-Pro™

Relieves symptoms of chronic stress and strengthens the adrenals

Sereni-Pro is a herbal adaptogen formula that can increase resistance to stressors, helping to stabilize the body, restoring vitality and energy. Sensoril® is a patented extract of ashwagandha that works beautifully in combination with Siberian ginseng extract, lavender, and rhodiola extract to relieve stress and balance brain function for better memory, learning, and sleep. Sereni-Pro is safe, non-addictive, and may be used long term.



Stress Management

INTRODUCTION

Stress is defined as any disturbance—for example, heat or cold, chemical toxin, microorganisms, physical trauma, strong emotional reaction—that can trigger the “stress response.” How an individual handles stress plays a significant role in determining their level of health. Comprehensive stress management involves a holistic approach designed to counteract the everyday stresses of life. Most often, the stress response is so mild it goes entirely unnoticed. However, if stress is extreme, unusual, or long-lasting, the stress response can be overwhelming and harmful to virtually any body system.

THE GENERAL ADAPTATION SYNDROME

The stress response is part of a larger response known as the General Adaptation Syndrome (GAS), a term coined by the pioneering stress researcher Hans Selye. The GAS is composed of three phases: alarm, resistance, and exhaustion.¹ These phases are largely controlled and regulated by the adrenal glands.

The initial response to stress is the *alarm reaction*, which is often referred to as the *fight-or-flight* response. The fight-or-flight response is the result of the activation of the sympathetic nervous system and hypothalamic-pituitary-adrenal (HPA) axis.

The fight-or-flight response is designed to counteract danger by mobilizing the body’s resources for immediate physical escape from danger. As a result:

- The heart rate and force of contraction of the heart increases to provide blood to areas necessary for response to the stress situation
- Blood is shunted away from the skin and internal organs, except the heart and lung, while the amount of blood supplying the required oxygen and glucose to the muscles and brain is increased
- The rate of breathing rises to supply the necessary oxygen to the heart, brain, and exercising muscle
- Sweat production increases to eliminate toxic compounds produced by the body and to lower body temperature
- And blood sugar levels rise dramatically as the liver converts stored glycogen into glucose for release into the blood stream

The *resistance reaction* allows the body to continue fighting a stressor long after the effects of the fight-or-flight response have worn off. Here, corticosteroids secreted by the adrenal cortex are largely responsible for the resistance reaction. For example, these hormones increase blood glucose levels and stimulate the conversion of protein to energy so that the body has a large supply of energy long after glucose stores are depleted. They also promote the retention of sodium to keep blood pressure elevated.

As well as providing the necessary energy and circulatory changes required to deal effectively with stress, the resistance reaction provides the changes required to meet emotional crisis, perform strenuous tasks, and fight infection. The effects of adrenal cortex hormones are quite necessary when the body is faced with danger, but prolongation of the resistance reaction or continued stress increases the risk of significant disease (including diabetes, high blood pressure, and cancer) and results in the final stage of the GAS, exhaustion.

Exhaustion may manifest as a partial or total collapse of a body function or specific organ. Two of the major causes of exhaustion are loss of potassium ions and depletion of adrenal glucocorticoid hormones like cortisone. Loss of potassium results in cellular dysfunction and, if severe, cell death.

Another cause of exhaustion is weakening of the organs. Prolonged stress places a tremendous load on many organ systems, especially the heart, blood vessels, adrenals, and immune system.

DIAGNOSTIC CONSIDERATIONS

Since activation of the HPA is one of the fundamental aspects of stress, salivary measurement of cortisol, alone or in combination with dehydroepiandrosterone (DHEA), is now recognized as being a general indicator of HPA activation and how well an individual responds or is dealing with stress, although there is a tremendous intra- and interpersonal variation.² Prolonged elevation in cortisol is now associated with many chronic diseases, including diabetes, high blood pressure, osteoporosis, Alzheimer’s disease, and depression. (See Figure 1) Furthermore, with prolonged

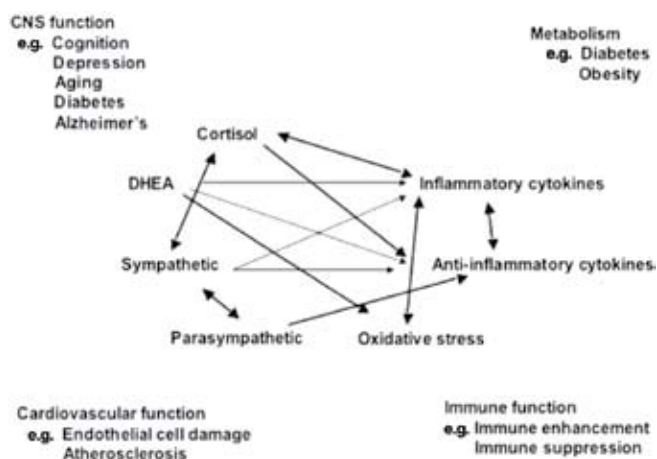


Figure 1* Mediators of stress and allostasis operate in a non-linear network. Non-linear network of mediators of allostasis involved in the stress response. Arrows indicate that each system regulates the others, creating a non-linear network. Note that many body systems are influenced by the same mediators.

stress the levels of DHEA tend to be reduced. So, identifying patterns in the morning versus late-night cortisol or the ratio of DHEA to cortisol is a useful, objective measure of how severely stress might be affecting biological functions. These tests can not only be used to identify a disturbance, but also to measure therapeutic effect (See Figure 2).

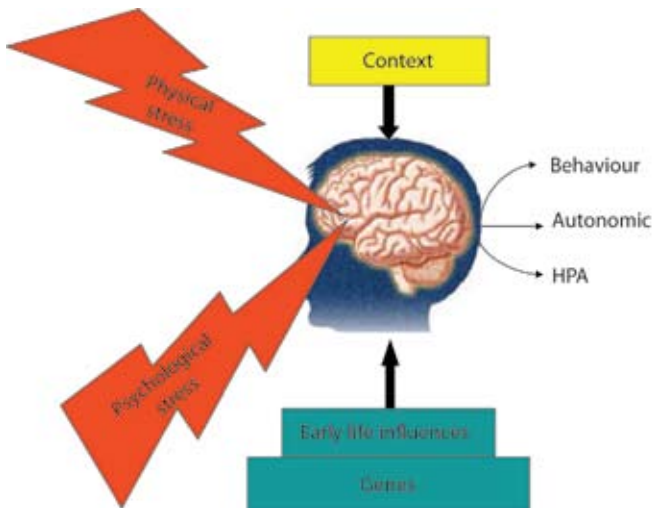


Figure 2 Physiological and pathological responses to stress. The resilience or vulnerability of any one individual to stressful situations in adulthood will depend upon that person's genetic inheritance and early life experiences.

THE CLINICAL APPROACH

Whether currently aware of it or not, the patient has developed a pattern for coping with stress. Unfortunately, most people have found patterns and methods that ultimately do not support good health. Negative coping patterns must be identified and replaced with positive ways of coping. The clinician should try to identify any negative or destructive coping patterns that the patient may have developed, and should attempt to replace that pattern with more positive measures for dealing with stress.

Stress management can be substantially improved by assisting the patient in the following six equally important areas:

- Sleep
- Techniques to calm the mind and promote a positive mental attitude
- Lifestyle factors
- Exercise
- A healthful Mediterranean diet designed to nourish the body and support physiologic processes
- Dietary and botanical supplements designed to support the body as a whole, especially the HPA and, specifically, the adrenal glands.

The Importance of Sleep

Sleep quality is one of the most important considerations in stress management. Insufficient sleep, poor sleep quality, or sleep deprivation can all significantly activate or exacerbate stress.³ Over the course of a year, over one-half of the US population will have difficulty falling asleep. About 33% of the population experiences insomnia on a regular basis. Even in the patient who does not exhibit insomnia, if their sleep is often disrupted or they do not spend sufficient time in the deeper stages of sleep, they will be affected in

profound ways. The importance of sleep and techniques to improve sleep quality are the subject of a separate Clinical Highlight.

Calming the Mind and Body

Learning to calm the mind and body is extremely important in relieving stress. Among the easiest methods for the patient to learn are relaxation exercises. The goal of a relaxation technique is to produce a physiologic response known as a *relaxation response*—a response that is the exact opposite of the stress response. Although an individual may relax by simply sleeping, watching television, or reading a book, relaxation techniques are designed specifically to produce the relaxation response.

Relaxation response was a term coined by Harvard professor and cardiologist Herbert Benson in the early 1970s to describe a physiologic response that is just the opposite of the stress response. With the stress response, the sympathetic nervous system dominates. With the relaxation response, the parasympathetic nervous system dominates. While the sympathetic nervous system is designed to protect against immediate danger, the parasympathetic system is designed for repair, maintenance, and restoration of the body.

The relaxation response can be achieved through a variety of techniques. The methodology should be determined by patient interest, because all techniques have the same physiologic effect—a state of deep relaxation. The most popular techniques are meditation, prayer, progressive relaxation, self-hypnosis, and biofeedback. To produce the desired long-term health benefits, the patient should use the relaxation technique for at least 5 to 10 minutes each day.

Producing deep relaxation with any technique requires learning how to breathe. One of the most powerful methods of producing less stress and more energy in the body is by breathing with the diaphragm. Diaphragm breathing activates the relaxation centres in the brain.

Lifestyle Factors

A patient's lifestyle is a major determinant of his or her stress levels. The two primary areas of concern (other than addressing negative coping patterns) are time management and relationship issues. In addition, the importance of getting quality sleep cannot be overstated in a stress management program and regular physical exercise can produce a tremendous effect in terms of improving mood and the ability to handle stressful life situations.^{4, 5}

Dietary Guidelines

An individual suffering from stress or anxiety must support the biochemistry of the body by following some important dietary guidelines. Specifically, he or she must:

- Eliminate or restrict the intake of caffeine
- Eliminate or restrict the intake of alcohol
- Eliminate refined carbohydrates from the diet
- eat a diverse range of whole foods
- Increase the potassium-to-sodium ratio
- Eat regular-planned meals in a relaxed environment
- Control food allergies

According to Selye, whether or not stress is harmful depends on the strength of the system. From a purely physiologic perspective, it can be strongly argued that the delivery of high-quality nutrition to the cells of the body is the critical factor in determining the strength of the system.

The average American consumes 150 to 225 mg of caffeine daily, or roughly the amount of caffeine in two cups of coffee. Although

most people can handle this amount, some people are more sensitive to caffeine's effects than other people, owing to decreased activity of phase I detoxification. Even small amounts of caffeine can affect sensitive people, whereas those with normal sensitivity respond to large amounts. Excessive caffeine consumption can produce caffeineism characterized by symptoms of depression, nervousness, irritability, recurrent headache, heart palpitations, and insomnia. People prone to feeling stress and anxiety tend to be especially sensitive to caffeine.

NUTRITIONAL AND BOTANICAL SUPPORT

Nutritional and botanical support for the individual experiencing signs and symptoms of stress largely involves attempting to restore proper HPA function as well as adrenal responsiveness. An abnormal adrenal response—either deficient or excessive hormone release—significantly alters an individual's response to stress. Often, the adrenals become “exhausted” as a result of the constant demands placed on them. An individual with adrenal exhaustion usually suffers from chronic fatigue and may complain of feeling “stressed out” or chronically anxious. He or she typically has a reduced resistance to allergies and infection.

Nutritional Supplements

The nutrients especially important for supporting adrenal function are vitamin C, vitamin B6, zinc, magnesium, and pantothenic acid. Each of these nutrients plays a critical role in the health of the adrenal glands, and in the manufacture of adrenal hormones. During stress, the levels of these nutrients in the adrenals decrease substantially. Taking a high potency multiple vitamin and mineral formula is very important for providing necessary levels of these key anti-stress nutrients.

L-Theanine

L-theanine is an amino acid found in tea leaves, particularly green tea (*Camellia sinensis*). Much like GABA, L-theanine exerts a profoundly relaxing, yet non-drowsy effect with noticeable effects within 5 to 15 minutes of ingestion. Clinical studies have demonstrated that L-theanine is an effective nutrient to help manage stress and promote mental calmness.⁶ These clinical effects are directly related to L-theanine's ability to stimulate the production of alpha brain waves as well as reduce beta waves (associated with nervousness, scattered thoughts and hyperactivity). The clinically-proven form of L-theanine is Suntheanine®, a pure and natural form produced via an enzymatic process. Although most individuals would achieve results with L-theanine, some people would respond better with GABA, especially during acute stressful situations.

PharmaGABA

As a key neurotransmitter, GABA (gamma-aminobutyric acid) is an important regulator of proper neurological function. It appears that many people with anxiety, insomnia, epilepsy, and other brain disorders do not manufacture sufficient levels of GABA. Since GABA does not cross the blood-brain barrier very well, virtually all of the GABA found in the brain is manufactured there. There has been some controversy regarding the transport of supplemental GABA across the blood-brain-barrier, yet supplementation with a natural form of GABA has shown clinical effects in activating the parasympathetic response, increasing alpha brain waves and promoting feelings of relaxation with greater mental focus and clarity.^{7, 8} The mechanism of action appears to take place via a peripheral mechanism. The clinically-proven form is PharmaGABA, a special form of GABA naturally manufactured from *Lactobacillus hilgardii*—the bacteria used to ferment vegetables in the preparation of the traditional Korean dish known as kimchi.

PharmaGABA has shown impressive results in combating stress, including showing an ability to lower cortisol levels and other markers of acute stress during exposure to stressful situations.⁹ The recommended dosage schedule for PharmaGABA is 100 to 200 mg up to six times daily (See Figure 3).

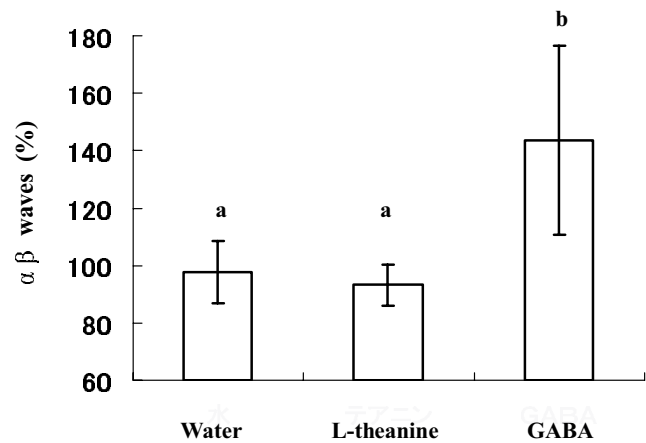


Figure 3 Changes of alpha/beta waves ratio values after administration of water (control), L-theanine, and β -aminobutyric acid (GABA) measured by electroencephalogram (EEG). Values are means \pm SEM of alpha/beta ratio values of 3 measurements (at 0, 30, and 60 minutes after each administration). Values with different letters are significantly different at $P < 0.05$.

Key Botanical Medicines

There is a long list of botanical medicines useful for dealing with stress, anxiety, insomnia, and supporting the adrenal glands; botanical medicines that support adrenal function are among the most useful. Most notable are the ginsengs. Both Chinese ginseng (*Panax ginseng*) and Siberian ginseng (*Eleutherococcus senticosus*) exert beneficial effects on adrenal function and enhance resistance to stress.^{10, 11} In addition, Sensoril, a special extract of *Withania somnifera* and *Rhodiola roseacea* (artic root) has shown impressive results in recent studies.^{12, 13} All of these botanicals are often referred to as “adaptogens.” An adaptogen is a substance with the following characteristics:

- Demonstrates nonspecific effects, such as increasing resistance to physical or biological stressors
- Possesses a normalizing influence on the body
- Does not disturb body functions already within the normal range
- Must be very safe
- Restores vitality in debilitated and feeble individuals
- Increases feelings of energy
- Improves mental and physical performance
- Prevents the negative effects of stress and enhances the body's response to stress

According to tradition and scientific evidence, the above-mentioned botanicals all possess this kind of equilibrating, tonic, antistress action, and so the term adaptogen is quite appropriate in describing their general effects. In particular, the research on Sensoril deserves special mention.

Sensoril

Sensoril is a patented proprietary extract of roots and leaves from *Withania somnifera*, a plant known as Ashwagandha in Ayurvedic

medicine and also referred to as the Ayurvedic adaptogen. Developed by researcher Dr. S. Ghosal, Sensoril was the result of intense scientific investigations into the anti-stress action of various compounds in *Withania somnifera*. Sensoril is standardized to contain the proper amounts of the compounds glycowithanolides, Withaferin-A, and oligosaccharides that research has shown to promote optimal anti-stress activity.

Sensoril is derived from the freshly-harvested roots and leaves of specially-cultivated *Withania somnifera* obtained from Northern regions of India. The roots used in Sensoril are from plants not more than two years old; roots from older plants, which are generally used in many commercially-available extracts of Ashwagandha, may contain very little, if any, glycowithanolides (the known anti-stress actives).

Sensoril appears to work on central mechanisms to restore HPA balance. A double-blind study of 98 chronically-stressed subjects showed that those taking Sensoril had significant reductions in a modified Hamilton anxiety (mHAM-A), serum cortisol, serum C-reactive protein, pulse rate and blood pressure, and significant increases of serum DHEAS and hemoglobin compared to the placebo group. In addition, there were dose-dependent responses in lowering fasting blood glucose and improving the serum lipid levels.¹⁴

Lavender Extract

Lavender has long been used by herbalists as a treatment for anxiety, nervous exhaustion, and depression. Recently, this historical use has been verified in a detailed double-blind clinical trial.¹⁵ The findings of the study indicated that taking a moderate amount of lavender can reduce feelings of depression, anxiety, and helplessness. In the study, 45 adults between the ages of 18 and 54 diagnosed with depression were assigned to one of three groups. The groups received either (1) lavender extract plus a placebo tablet, (2) a placebo extract plus 100 mg per day of the antidepressant drug imipramine, or (3) lavender extract and 100 mg per day of imipramine. The study lasted for four weeks and scores from the Hamilton Rating Scale for Depression (HAM-D)—a questionnaire used to evaluate the severity of depression (higher scores suggest more severe depression)—were evaluated initially and then weekly after the start of treatment. The results showed that the lavender extract was just as effective as the drug, but lavender did not produce the side effects common to drug treatment for depression (dry mouth, weight loss or weight gain, low blood pressure, arrhythmias, and decreased sexual function).

Effective Stress Management: Putting it All Together

The individual pieces of the stress management techniques discussed above can be tailored according to the patient's need to provide a more personalized program. For simplicity, here are four different levels of support.

Level 1 Support

Simply following the appropriate lifestyle and dietary approaches to stress reduction as well as regular utilization of techniques to calm the mind and body, and taking a high-potency multiple vitamin and mineral formula may be sufficient for some patients to effectively fight stress.

Level 2 Support

Level 2 Support involves using Level 1 Support and the use of strategies and supplements to improve sleep quality (see the *Insomnia and Sleep/Wake Cycle Disorder Clinical Highlight* for more information).

Level 3 Support

In the more stressed or anxious individual, GABA-Pro™ (contains PharmaGABA) or Calm-Pro™ (contains Suntheanine) can help with

situational stress as well as more pervasive feelings of stress and nervousness.

Level 4 Support

For patients who are starting to experience or are experiencing significant signs of adrenal fatigue and generalized exhaustion, Level 4 Support is recommended. This level involves using all of the previous levels of support along with taking Sereni-Pro™. This formula makes it easier to take advantage of the full spectrum of botanical support for dealing with stress. *Each two capsules contain:*

Sensoril® Ashwagandha (<i>Withania somnifera</i>).....	250 mg
(minimum 8% Withanolides)	
Eleuthero Extract (<i>Eleutherococcus senticosus</i>)	150 mg
(0.8% Eleutherosides)	
Lavender Extract 5:1 (<i>Lavandula angustifolia</i>).....	150 mg
Rhodiola Extract (<i>Rhodiola roseacea</i>).....	75 mg
(5% Rosavins and 1% Salidroside)	

While GABA-Pro™ or Calm-Pro™ is useful as a quick fix for stressful situations, Sereni-Pro™ is designed for long-term use to help build resistance and act as an adaptogen. The dosage of the formula is one or two capsules twice daily.

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FIGURES

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