



Calmix TINCTURE

NERVOUSNESS

Mild sedative

NPN 80016289

50 ml

Each ml contains

Green Oatstraw	fresh aerial part	<i>Avena sativa</i>	1:3	138 mg	Organic
Catnip	fresh flowering top	<i>Nepeta cataria</i>	1:2	114 mg	Organic
Skullcap	fresh aerial part	<i>Scutellaria lateriflora</i>	1:3	55 mg	Organic
Valerian	fresh root	<i>Valeriana officinalis</i>	1:2	38 mg	Organic
Alcohol 35% to 40%, certified organic					

DOSAGE

INTERVENTION: 1.5 ml, 3 to 4 times per day.

TREATMENT: 2 ml, 2 times per day.

DIRECTIONS FOR USE

Shake before use. Take in a mouthful of water, 15 to 30 minutes before meals. For sleep disorders, take 30 minutes before bedtime. For long-term treatment, give 6 days out of 7.

MODE OF ACTION

Calmix was conceived for times of stress, vulnerability, tension or nervous fatigue. This compound is calming and reduces the harmful effects of stress on the organism. It restores nervous tissue, supplies nutrients necessary for the proper functioning of the nervous system and restores its functions. Calmix reduces anxiety, agitation, irritability and nervous tension. It does not induce sleep but calms, relaxes and helps face stress more serenely during the day. It helps function normally in a crisis situation. Calmix relieves muscle cramps and spasms (neck, back, jaw) when nervous and stressed. Its calming effects promote sleep when taken at bedtime. Calmix also relieves premenstrual tension and menopausal anxiety. To restore the health of the nervous system, it is combined with infusions of herbs such as green oatstraw over a long period, to reconstruct nervous tissue.

GREEN OATSTRAW: nourishing and mineralizing, its high concentration of minerals and trace elements nourishes the nervous system and normalizes its functions. It is calming, reduces irritability and is indicated in all conditions where the nervous system needs support.

CATNIP: particularly indicated for nervous conditions associated with great mental activity. Although it is not a sedative, it promotes calm and restful sleep. Catnip soothes anxiety, irritability and nervous tension. As an aromatic herb, it also relieves abdominal discomfort such as digestive cramps.

SKULLCAP: a nervine that has a toning and reconstructing effect on the nervous system. As it is calming during acute conditions (insomnia, anxiety, anguish) as well as a tonic, it supports the general functioning of the nervous system. Mildly sedative, skullcap decreases sleep disorders without causing drowsiness. It tones the heart and reduces muscle tension and spasms. It can be used as prevention or as a treatment.

VALERIAN: the valerian in this compound soothes the nervous system, reduces agitation, nervous irritability and anxiety. As a sedative, it helps fall asleep and increases the quality of sleep. Valerian also has a relaxing effect of smooth muscles.

HELPFUL ASSOCIATIONS

GREEN OATSTRAW infusion for troubles of the nervous system.

DREAMTOP for sleep disorders.

ASHWAGANDHA for stress and anxiety.

RHODIOLA for mental fatigue and difficulty concentrating.

ELEUTHERO for physical and mental fatigue.

NETTLE infusion for exhaustion, fatigue.

ETHNOBOTANY

Nervous system: anxiety, anguish, agitation, irritability, nervousness, crisis, nervous tension, sleep disorders, nervous exhaustion.

Other: premenstrual syndrome with irritability, menopausal anxiety.

CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist for more than 3 weeks (chronic insomnia). Consult a health care practitioner if symptoms persist or worsen. Do not use when pregnant or breastfeeding. May cause drowsiness.

INTERACTIONS

Do not take with other sedatives or alcohol.

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten or GMOs.

