

QUIET MIND

PRODUCT INFO SHEET

Description

Traditional Heart Calming Formula*

Quiet Mind is a classic herbal stress management formula used in traditional Chinese medicine to nourish and quiet the heart. *

- Designed for individuals who have feelings of anxiety and disorientation and have difficulty resting due to stress. *
- Formulated for individuals who may have feelings of being overheated and flushed when stressed. *
- Provides traditionally used herbs to address organs and systems involved in the stress response. *
- Ideal for those who are "stressed and wired." *

How does Quiet Mind compare to other products or approaches?

*This product contains only natural ingredients for a safer approach. It provides botanicals with time-tested traditional use that suggest value in modern clinical experience for strategic stress response support. This formula is also suitable for vegetarian use.**

How does Quiet Mind work?

*It provides a classic herbal formula used in traditional Chinese medicine to nourish and quiet the heart and promote a sense of inner calm. This formula contains adaptogenic herbs traditionally used to address organs and systems involved in the stress response.**

How long is Quiet Mind typically recommended?

*This formula was designed for strategic, short-term relief for feelings of anxiety. Individual results and recommendations may vary based on your individual needs. For best results, follow your health care professional's guidelines.**

Who would benefit from Quiet Mind?

*Health care professionals typically recommend this product for those who are "stressed and wired"—with feelings of anxiety and difficulty resting due to stress. This formula may also be ideal for those with feelings of being overheated or flushed during stress.**

Why is Quiet Mind safe?

It contains a blend of natural ingredients with an excellent safety profile.

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease.

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 30

Amounts Per Serving

A 4:1 Proprietary Herbal Extract Blend of: 1000 mg*

Rehmannia Root (Rehmannia glutinosa), Schisandra Fruit (Schisandra chinensis), Jujube Fruit (Ziziphus spinosa), Dong Quai Root (Angelica sinensis), Chinese Asparagus Root (Asparagus cochinchinensis), Ophiopogon Root (Ophiopogon japonicus), Scrophularia Root (Scrophularia ningpoensis), Asian Ginseng Root (Panax ginseng), Chinese Salvia Root (Salvia miltiorrhiza), Poria Fungus (Wolfiporia cocos), Polygala Root (Polygala tenuifolia), Platycodon Root (Platycodon grandiflorum)

*Daily Value not established

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, magnesium stearate (vegetable), and coating (water, hypromellose, medium chain triglycerides, and hydroxypropylcellulose).

Directions

SUGGESTED USE: Take two tablets daily or as recommended by your health care professional.

Caution

If taking medication consult your healthcare practitioner before use. Keep out of the reach of children.

Warning

Do not use if pregnant or nursing.

Storage: Keep tightly closed in a cool, dry place.

This product is Gluten Free and Vegetarian.

Formulated to Exclude: Wheat, gluten, soy, dairy products, egg, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.

