

# Applied Biomolecular Herbology

## ANXIETYSUPPORT™

### Product Information Sheet



**Anxiety Support** contains phytotherapeutic extracts of *Erythrina mulungu*, *Ocimum tenuiflorum*, *Schisandra chinensis*, *Rehmannia glutinosa*, *Asparagus racemosus*, *Cinnamomum vera*. Using advanced laboratory extraction apparatus & proprietary production protocols, these phytochemicals are known for their anxiety reducing properties.

**Mulungu** - The Mulungu Tree, scientific name *Erythrina mulungu*, is a medicinal plant found in the Amazon region of South America. The primary use of mulungu is to combat anxiety and insomnia. It has other positive effects including improve your cardiac functioning, support your liver, lower your blood pressure, and improve your memory. Mulungu mimics the behavior of the essential amino acid, GABA. It binds to the GABA receptors in your brain which helps to regulate your nervous system function, leading to lower anxiety. Lower levels of GABA in the brain can lead to depression, anxiety, and sleep disturbances.

**Tulsi Leaf**- *ocimum tenuiflorum* is also known as Holy Basil, and has many uses from clearing up bronchitis to easing symptoms from malaria. It is an adaptogen –it helps your body deal with stress of any kind. So, it is helpful for anxiety. Studies in both humans and animals have shown that it can reduce stress, help you sleep better, and reduce overall exhaustion. Studies have shown taking Tulsi daily can have the same effect as popular anti-anxiety and anti-depression pharmaceuticals. In the Hindu religion, Tulsi is a sacred plant. It is seen as the manifestation of the goddess of the same name, and the avatar of the deity Lakshmi. It is used in many rituals and many Hindu homes have tulsi plants in special containers. Anyone who waters or cares for a tulsi plant in Hindu culture is said to gain favor and grace with the god Vishnu.

**Schisandra Berry**-Schisandra, also known magnolia berry, is a plant that is native to China and far eastern regions of Russia. This herb is very important in Chinese medicine. Schisandra is another adaptogen which means that it helps to balance your body and mind. It helps you resist stress and anxiety by regulating cortisol production. Cortisol is the stress hormone and while it does have an important function, too much of it can make you feel overly stressed and anxious. Taking schisandra can also increase your energy, Studies have shown that it also improves concentration and mental endurance. The nutrients and alkaloids within the supplement can even slow the aging process. Schisandra blocks the formation of amyloid beta peptides in your brain. This prevents amyloid plaque from forming, which is one of the factors in people with Alzheimer's disease.

**Rehmannia Root**- Chinese Foxglove, has a powerful general balancing effect, and strengthens overworked adrenal glands, and calms a wired nervous system. It mainly works by regulating the stress hormones released by the adrenal glands. Rehmannia may help to slow neurodegenerative disorders by preventing cell death.

**Shatavari Root** - *asparagus racemosus* grows primarily in India and the Himalayas. Shatavari contains 3 known antioxidants – racemofuran, asparagamine A, and racemol. These help to prevent cell damage and fight diseases caused by cell deterioration. It can also relieve inflammation, stop diarrhea, and help reduce the effects of aging. Shatavari works with neurotransmitters in your brain to relieve negative depressive symptoms.

**Cinnamomum vera** - Contains antioxidants, including polyphenols, phenolic acid and flavonoids. These compounds work to fight oxidative stress in the body and aid in the prevention of chronic disease.



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