Relax AM

A blend of Kava Kava and other anti-anxiety, relaxing herbs that calm and sooth the mind without inducing drowsiness or mental fog. This is the perfect herbal supplement to use during the day, therefor, during periods of emotional stress.

Who might benefit from this herbal supplement?

Those with anxiety, nervous irritability, panic attacks and over-active minds. Those under emotional stress. Those with insomnia due to over-activity and stress during the day. Those with performance anxiety, ranging from public speaking to sex. And those with mild depression associated with anxiety or severe stress. For those with insomnia, Phyto-Tech Relax PM is a perfect supplement to use along with this, in the evening. Relax AM synergistically combines the wonderful benefits of Kava Kava with the potentiating benefits of the powerful anti-anxiety herbs Pulsatilla and fresh Lobelia extract. This formula reduces anxiety, nervous irritability, compulsive thinking and panic attacks. Similar in action to benzodiazipine drugs (valium, xanax, klonipin, halcion) Relax AM will calm and soothe the mind and soul when going through difficult times emotionally and mentally, yet does not interfere with cognitive function for staying alert and clear. Relax AM helps insomnia when the mind will not calm down, yet one is tired or exhausted. It will help light sleepers by helping one go beyond REM sleep and into deeper sleep stages where rest and healing occur. Relax AM is calming, and appeals to those needing a safe way to relax. Relax AM may help reduce depression if associated with anxiety or severe stress. Relax AM can help performance anxiety from activities ranging from public speaking to sex. *Phyto-Tech™ Relax AM contains Kava Kava Root Vanuatu, Kava Kava Root Hawaiian, Passion Flower, St. John's Wort Flowers, Lobelia Herb Fresh, Pulsatilla Herb Fresh, Alcohol Pure Grain, Water Pure Deionized*

Complimentary Formulas:

Phyto-Tech™ St. John's Complex *(a blend of Fresh St. John's Wort Flowering Tops, Vanuatu Kava Kava Root, Damiana Herb, Ginkgo Leaf, and Fresh Pulsatilla Herb (if depression accompanies the anxiety)*
Phyto-Tech™ St. John's Wort 1:2 *(if depression accompanies the anxiety)*
Phyto-Tech™ Relax PM *(to help sedate the whole nervous system)*
Phyto-Tech™ Ginseng Energy Blend *(if exhaustion and deficiency is present)*

1 fl oz, Prod Code: 56963
2 fl oz, Prod Code: 57019

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a subsitutue for any treatement that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Prodcuts described herein are not intended to diagnose, treat, cure or mitigate disease. Specific medical conditions are mentioned only for information purposes--consult a physician.