



*The Healing Sanctuary*  
an affiliate of Mountain View Hospital

S U P P L E M E N T S

# Healing Calm

*Indicated for Mental Health*

**Healing Calm is a simple, yet powerful combination of California poppy, motherwort, and lemon balm extracts to promote a calm nervous system without being too sedative.**

- *Calms the nervous system*
- *Lowers feelings of stress & anxiety*
- *Improves sleep*
- *Soothes headaches & menstrual cramps*

## Suggested Use

Take 2-4 capsules daily or as directed by a qualified health professional.

**Quantity:** 60 Capsules or 270 Capsules.

## Other Ingredients

Magnesium Stearate & Gelatin Capsule.

## This Formula Includes:

### California Poppy

*(Eschscholtzia californica)*

Works gently to calm anxiety, reduce pain, suppress muscle spasms, and has special effects to help in every stage of life.



### Motherwort

*(Leonurus cardiac)*

Calms a racing heart, reduces mild hypertension, and relaxes an anxious mind. It is also helpful in relieving menstrual and menopausal discomfort, and increasing appetite for those with loss of appetite due to nerves.



### Lemon Balm

*(Melissa officinalis)*

Used in combination with other herbs and extracts to lower stress and anxiety, as well as improve sleep, increase appetite, ease indigestion including gas and bloating, and topically treat cold sores. It has also been used to improve cognition and irritability in people with Alzheimer's.



*The ingredients in this product are supplied by the well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.*