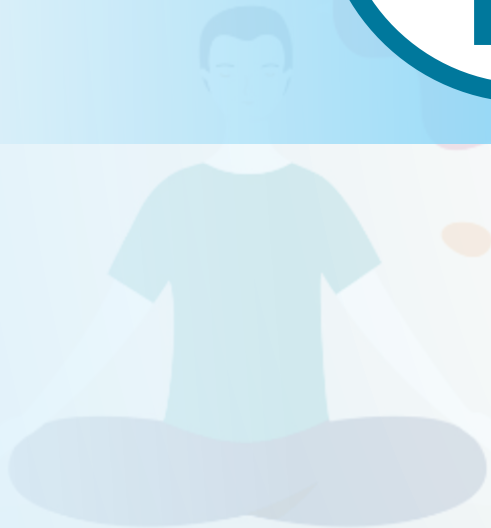




Ayurvedic Medicine

# **STRESS MANAGEMENT**



# STRESS MANAGEMENT



**Irritation**



**Backache/  
Headache**



**Sweating**



**Anxiety/  
Nervousness/  
Depression**



**Increased Smoking /  
Drinking**

## Calm Plus Soft Gelatin Capsule

30 Capsule



## Calm FP Capsule

60 Capsule



## Calm Ultra Capsule

60 Capsule



# Calm Plus Soft Gelatin Capsule

30 Capsule



## Composition :

**Each Soft Gelatin Capsule contains Calmhills Ghruta 500 mg which consists of :**

<u>Quath Dravya of</u>		
Ashwagandha	(Withania somnifera)	125 mg
Brahmi	(Bacopa monnieri)	125 mg
Mandukparnee	(Centella asiatica)	75 mg
Jatamansi	(Nardostachys jatamansi DC)	50 mg
Khurasani Ajwain	(Hyoscyamus niger)	50 mg
Pippali	(Piper longum)	25 mg
Shankpushpi	(Convolvulus pluricaulis)	50 mg
Processed by the method of SIDDHA GHRUTA in		
Cow Milk		500 mg
Go-ghruta		500 mg
Permitted colours used in capsule shell		

## Benefits:

- Natural Support for Stress Relief
- Helps Improve Sleep Quality and Relaxation
- Helps to improve Mental & Emotional Well Being
- Helps to enhance Cognitive Function

**Dosage:** Take 2 soft gel capsules daily in the morning or as recommended by the physician. It should ideally be taken on empty stomach before meals. For better results it should be taken with warm water.

## Calm FP Capsule

60 Capsule



### Composition :

Each 450mg capsule contains		
Ashwagandha root powder (Withania somniferabpn)		91.30 mg
Brahmi leaves powder (Bacopa monnieri)		159.30 mg
Mandukparnee (Centella asiatica)		48 mg
whole plant powder		
Jatamansi root powder (Nardostachys jatamansi)		43.30 mg
Jatiphala seed powder (Myristica fragrans)		34 mg
Pippali fruit powder (Piper longum)		38.62 mg
Khurasani ajwain (Hyoscyamus niger)		9.34 mg
seed powder		
Shankhpushpi (Convolvuluspluricaulis)		9.34 mg
whole plant powder		
Turmeric rhizome powder (Curcuma longa)		5.60 mg
Triphala powder (Mix of emblica officinalis, Terminalia chebula, Termianalia bellerica)		5.60 mg
(pericarp of amla, harde, baheda)		
Nagarmotha (Cyperus scariosus)		5.60 mg
rhizome powder		
Bhavna dravya:		
Cow ghee		qs
Cow milk		qs
Excipient		qs

### Benefits:

- Supports in Stress management and Improves Energy Levels.
- Helps to Provide Calmness and Relaxation
- Supports Healthy Sleep Patterns
- Helps to Improve Memory and Cognitive Function

**Dosage:** Take 1 capsule twice daily, preferably after meals or as directed by physician.

## Calm Ultra Capsule

60 Capsule



### Composition :

#### Each 434mg capsule contains

Ashwagandha powder	(Withania somniferabpn)	70mg
Brahmi powder	(Bacopa monnieri)	85mg
Mandukparnee powder	(Centellaasiatica	90mg
Jatamansi	(Nardostachys jatamansi)	20mg
Jatiphala powder	(Myristica fragrans)	30mg
Jatiphala extract	(Myristica fragrans)	34 mg
Pippali powder	(Piper longum)	20mg
Tagar extract	(Valeriana wallichii)	85mg
Excipient		qs

**Dosage:** Take 1 capsule twice daily, preferably after meals or as directed by physician.

### Benefits

- May help to balance stress hormones and resist stress naturally.
- May help relieves stress & anxiety
- May elevates your mood
- May soothes your nervous system and improves mental health.