

# ANICA® ~ QUICK CALM TONIC™



Tasty Tonics® are concentrated liquid herbal formulas designed with therapeutic doses and blended with natural flavors & essential oils to taste great and encourage compliance. Quick Calm Tonic™ tastefully promotes quick relief from intense occasional nervous feelings, tension and/or strong emotions.

## Featured Ingredients:

- A potent dose of **Kava root** in this formula promotes reduced excitatory mental activity and a calm mind, which can further promote improved relaxation and a calm state of mind and being
- **Valerian root** maintains a calming effect and ease of tension and is among the most researched herbs in support of sleep and relaxation
- **Passion flower** supports feelings of stress reduction; it is a nervine herb and it may promote GABA production in the brain, supporting calm feelings
- **Lavender** is known to promote reduced nervousness and an improved mood

Serving Size 4.92 ml/One Teaspoon, 24 Servings per Container

Amount per Serving	% Daily Value	
Calories	15	
Total Carbohydrates	3 g	1%*
Kava root ~ Piper methysticum	1000 mg	†
Valerian root ~ Valeriana officinalis	600 mg	†
Passionflower herb ~ Passiflora incarnata	300 mg	†
Lavender flower ~ Lavandula officinalis	50 mg	†
Stevia leaf extract ~ Stevia rebaudiana	5 mg	†

† Daily Value not established \* Percent Daily Value based on a 2000 calorie diet

**Indications:** Promotes quick relief for sudden feelings of nervousness and tension/irritability and intense emotions; may be used during the day and/or at night before bed and combines well with other calming and/or sleep support products.

**Suggested Use:** Shake well before using. Adults: 1-2 teaspoons as needed; 1 tsp up to 3 times daily. Dilute in 2-3 ounces of warm or cool water, or to taste as an herbal tea. May also be taken undiluted, directly in the mouth.

Size ~ 4 ounces; UPC code ~ 7-08118-01358-4

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Other ingredients: Vegetable glycerin, deionized water, blackberry juice concentrate, vanilla natural flavor.

**Quick Calm Tonic™ is suitable for vegetarians and vegans.**