

Calm Child™

Calm Focused Attention



Children today live in a stressful world. Overstimulation can affect their behavior and concentration. CALM CHILD is a special herbal blend, designed to soothe the minds and bodies of children, particularly in their moments of restlessness, anxiety, or stress.

CALM CHILD combines the soothing botanicals chamomile, lemon balm, and catnip, with the nourishing tonifiers hawthorn, zizyphus, gotu kola extract, and amla. Additional herbs and nutrients, traditionally used by cultures around the world, support alertness and focus in children. CALM CHILD is available as a tablet and a great-tasting, alcohol-free liquid.



CALM CHILD is part of the Planetary Formulas line of products that draw on the wisdom of traditional cultures *and* the new knowledge gleaned from scientific research—providing the best of what modern herbalism and science have to offer.

PLANETARY

FORMULAS®

More Than Herbs – *Herbalism!*

Helping Your Ultra-Active Child Cope

Television, chemically adulterated and sweet foods, plus the stimulation of everyday life—all can cause high levels of anxiety and excitement for children. Their immature nervous systems are sensitive to stressors, and they have not yet developed the coping skills for expressing frustration or releasing pent-up emotions healthfully.

All this can affect their ability to learn and impede the development of positive social skills.

Planetary Formulas can help with CALM CHILD: a safe and natural product that soothes and relaxes ultra-active kids.

How Calm Child Works

CALM CHILD helps counter the effects of overstimulation. It works in two important ways to help cultivate a centered sense of well-being and confidence for children.

- Lemon balm and chamomile are legendary for gently easing the effects of overstimulation.
- Chinese zizyphus, gotu kola, amla, and hawthorn berry deeply tonify the child's system, lessening sensitivity to stressors.

Effective Tablets and Great-Tasting Herbal Syrup

CALM CHILD comes in 364 mg easy-to-swallow tablets in bottles of 72 or 150 tablets. It is also available in a vegetable glycerine syrup, in 1, 2, 4, or 8 oz bottles. Vegetable glycerine makes an extremely nourishing and soothing syrup that is naturally sweet without the presence of sugar. It is combined in CALM CHILD with essential oils of anise, cinnamon, and cloves, for a healthful herbal blend that is also great-tasting.

Together the ingredients in CALM CHILD help take the stressful edge off troublesome days, while increasing your child's ability to focus and deal with stress.

Clinically Derived Formula from Michael Tierra

CALM CHILD was formulated by renowned herbalist Michael Tierra, L.Ac., O.M.D. an authority on the world's herbal traditions, and is used daily in his clinical practice. This means you can be assured of obtaining the benefits you are seeking from an herbal product.

*Adhering to the quality control requirements and codes of ethics of:
American Herbal Products Association
National Nutritional Foods Association*



Developed exclusively for Planetary Formulas by world renowned herbalist, acupuncturist, and author Michael Tierra, L.Ac., O.M.D., who has more than 30 years of clinical experience.



*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.