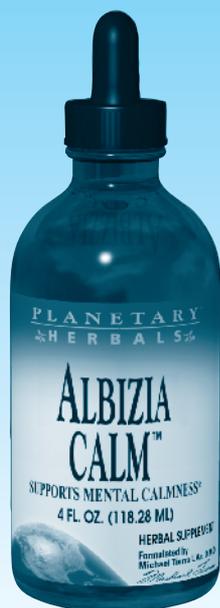


ALBIZIA CALM™



Helps Reduce Anxiety and Stress

We live in a stressful world—and every day scientists are learning more about the profound negative effects stress can have on our bodies and minds. The botanical world can help with Albizia, a safe, natural approach to reducing occasional anxiety and stress levels, and supporting a calm, peaceful mood.

Traditionally known in China as the “herb of happiness,” *Albizia julibrissin* is one of the most valued Chinese botanicals for supporting a healthy mood. Albizia, also known as mimosa, has been traditionally used for centuries to elevate the mood, promote mental and emotional calmness, and support a peaceful night’s sleep.

Planetary Herbals ALBIZIA CALM, one of the first Albizia products available in health food stores, is a tincture formulated from Albizia flower and bark. ALBIZIA CALM is part of the Planetary line of products that draws 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™
HERBALS

Expert Formulations – Exceptional Results

The “Happiness Herb”

Albizia, commonly known as mimosa, is a smooth-barked tree with clusters of pink flowers, that is grown throughout Asia as well as the western United States as a garden and streetside ornamental. Albizia is traditionally known in China as the “happiness herb” or “collective happiness bark.” It has been used for centuries in Chinese traditional herbalism for its mood supportive and calming properties as well as to support sleep and as a tonic.

Albizia was traditionally used to “calm the spirit” and relieve emotional constraint when associated with bad temper, bad mood, sadness, occasional sleeplessness, irritability and poor memory. It was believed to be especially useful for anyone experiencing profound heart-breaking loss.

Albizia’s Mechanism of Action

Today scientific research is helping to explain how Albizia works. Preclinical studies have identified several compounds in Albizia that have demonstrated calming activity. Two flavonol glycosides, known as quercetrin and isoquercetrin, were found to increase sleeping time in mice in a dose-dependent manner. In addition, a stem bark extract from *Albizia julibrissin* was evaluated for its potential to scavenge several kinds of free radicals. That research demonstrated that Albizia bark has strong antioxidative activity—at times stronger than vitamin C.

Lifestyle Tips

Lifestyle choices can support a positive attitude in response to the normal stresses of everyday life. Anxiety drains our energy, so it is important to nourish our bodies with fruits, vegetables, whole grains, and

high-protein foods in the face of stress. Excess caffeine, alcohol and sugar should be avoided—they raise energy in the short term but lead to depleted energy and increased susceptibility to stress over time. Magnesium or calcium supplements can be taken with Albizia to support physical relaxation and relieve muscle tension. In addition, exercise is an important component of a mental health program, which improves blood flow to the brain, and helps release “feel good” chemicals called endorphins into the bloodstream.

Premier Herbal Products

Planetary Herbals is committed to harnessing the health potential of plants for optimal health and well-being by offering reliable, expertly crafted, superior quality herbal supplements. The result: a herbal product line that is unequaled for efficacy, safety and dependability.

References

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- Jung, M.E. et al. 2003. Antioxidant activity from the stem bark of *Albizia julibrissin*, *Arch Pharm Res* 26 (6): 458-462.

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



Developed exclusively for Planetary™ Herbals 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.

