

# RELIEF OF STRESS SYMPTOMS

Information for **Health Care Professionals**



## NERVOUS TENSION • HYPERSENSITIVITY IRRITABILITY • FATIGUE

According to the National Institute of Mental Health, stress is “how the brain and body respond to any demand.”<sup>1</sup> When too intense or too frequent, stress can cause undesirable symptoms like nervous tension, fatigue, digestive problems, and irritability, etc., which may interfere with our capacity to efficiently react to the cause of stress.

**StressCalm™** relieves symptoms of occasional stress without causing drowsiness or dependence. It contains plant-based homeopathic ingredients that target **physical symptoms** and **emotional feelings** such as irritability, fatigue, nervousness, and hypersensitivity to additional stimuli.

StressCalm has no known interactions with other medications or supplements and can be used in conjunction with other methods of stress symptom management. It allows health care providers to offer a safe and simple solution to stress-related problems, reserving anxiolytics for more serious cases.

An observational study conducted in 2010 showed that the StressCalm formula significantly reduced apprehension in a 30-day period.<sup>2</sup> A marked improvement in self-reported measures of apprehension was observed and no unfavorable side effects commonly associated with anxiolytics were reported.\*

This medicine is available over the counter and health care professionals can also purchase direct from Boiron.

  
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## MEDICINES

<b>StressCalm™ Tablets</b>	Homeopathic symptom-specific action on stress-related symptoms such as nervous tension, hypersensitivity, irritability, and fatigue.	Non-habit forming; does not affect alertness, driving, or operation of machinery; will not mask underlying medical conditions.	Very low risk of side effects.
<b>Benzodiazepines</b>	Anxiolytic, sedative, muscle relaxant, anti-convulsive – Gamma amino-butyric acid (GABA) agonists.	Quick and potent action.	May induce drowsiness, affect memory; may induce dependence; inappropriate for mild anxiety.
<b>Buspirone</b>	Anxiolytic action – serotonin 5-HT partial agonist.	Low risk of sedation and dependence compared to benzodiazepines.	May induce dizziness, nausea, and nervousness.

## SUPPLEMENTS

<b>Melatonin</b>	May interact with GABA neurons, among other possible mechanisms of action.	Possibly safe when used orally in short term.	Avoid in pregnant or nursing women; may induce daytime sleepiness, headaches, dizziness, stomach cramps, and irritability.
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## HERBS

<b>Ashwagandha</b> ( <i>Withania somnifera</i> )	Possible GABA-mimetic action and suppression of stress-induced increase of dopamine receptors in the corpus striatum.	Well tolerated at standardized doses, quickly induces a feeling of calm and well-being.	Rare occurrences of nausea, diarrhea, and other digestive disturbances; possible interactions with drugs or supplements lowering blood pressure or CNS depressants.
<b>Kava Kava</b> ( <i>Piper methysticum</i> )	Anxiolytic action – GABA receptor potentiation, inhibition of monoamine oxidase B, inhibition of norepinephrine reuptake.	Well tolerated at regular dosage; quickly induces a feeling of well-being.	Possibly unsafe (hepatotoxicity); avoid in pregnant or nursing women.
<b>German chamomile</b> ( <i>Matricaria recutita</i> )	Apigenin (an active constituent of the plant) is a possible GABA agonist.	Possibly safe when used for short periods (eight weeks).	Avoid in pregnant or nursing women.
<b>Lavender</b> ( <i>Lavandula sp.</i> )	Possible potentiation of GABA neurotransmitter among other possible mechanisms of action.	Possibly safe when used orally for short periods (10 weeks).	Avoid in pregnant and nursing women; avoid topical use in prepubescent boys.
<b>Lemon balm</b> ( <i>Melissa officinalis</i> )	Possible interaction with GABAergic neurons among other possible mechanisms of action.	Possibly safe when used orally for up to four months.	Avoid in pregnant and nursing women.
<b>Passionflower</b> ( <i>Passiflora incarnata</i> )	Possible agonist of benzodiazepine receptor.	Possibly safe when used for short periods (one month).	Interacts with hypotensive drugs and CNS depressants; avoid in pregnant or nursing women.



**StressCalm™** is produced by Boiron using the highest standards and quality control processes. The product's active ingredients are manufactured according to the *Homeopathic Pharmacopoeia of the United States*.<sup>6</sup>

An open, retrospective observational study\* from 2010 has shown that the StressCalm formula **significantly reduced apprehension** in a 30-day period.<sup>2</sup> Conducted on 71 patients in Italy, it examined changes in indicators of anxiety after one month with the homeopathic combination StressCalm (known as Datif PC® in Italy). Using the State-Trait Anxiety Inventory (STAI) questionnaire, **STAI-state** scores decreased by six points and **STAI-trait** scores decreased by more than three points (**p<0.0001**) after 30 days. These findings were not affected by age, sex, or baseline anxiety and suggest that the treatment of apprehension with the StressCalm formula can produce notable improvements even in a short period of time. No unfavorable side effects commonly associated with anxiolytics were reported. (This product is labeled for use up to 2 weeks. Dosing beyond that duration shall be based on clinical judgment.)

Indications for homeopathic medicines have been determined experimentally and verified by years of empirical use by thousands of physicians. Insight into these traditional indications is gained throughout the years as advances are made in the fields of biochemistry and pharmacology.

This table shows the relationships between the toxico-pharmacological properties of the strain in dark blue and the general indications of its homeopathic dilution in light blue.<sup>7,8</sup>

**SleepCalm should be used only for its labeled indications.**

Monkshood (Ranunculaceae) <i>Aconitum napellus</i>	Deadly nightshade (Solanaceae) <i>Atropa belladonna</i>	Garden marigold (Asteraceae) <i>Calendula officinalis</i>
<b>Aconitine:</b> Excitation, palpitations, dizziness, hyperventilation.	<b>Atropine, scopolamine, hyoscyamine:</b> General hyperesthesia, confusion.	<b>Indications are based on empirical use of the homeopathic dilution:</b> The plant has a very low toxicity.
<b>Aconitum napellus 6C</b>	<b>Belladonna 6C</b>	<b>Calendula officinalis 6C</b>
Relieves restlessness and agitation.	Relieves hypersensitivity to stress.	Relieves nervous fatigue, hypersensitivity to noise.

  

Greater celandine (Papaveraceae) <i>Chelidonium majus</i>	Jequirity (Fabaceae) <i>Abrus precatorius</i>	Guelder-rose (Adoxaceae) <i>Viburnum opulus</i>
<b>Chelidonine, sanguinarine:</b> Cholagogic and choleretic effect; chelidonic acid: sedative effect.	<b>Abrin:</b> General hyperesthesia, confusion.	<b>Indications are based on empirical use of the homeopathic dilution:</b> The plant has a very low toxicity.
<b>Chelidonium majus 6C</b>	<b>Jequirity 6C</b>	<b>Viburnum opulus 6C</b>
Relieves digestive symptoms caused by stress.	Relieves uneasiness.	Relieves nervousness and restless sleep.

## + ADVANTAGES

**As a convenient and reliable first choice for relieving stress symptoms, StressCalm offers many advantages:**

- Non-drowsy and non-habit forming
- No effect on alertness, making it ideal for use before flying, job interviews, performances, public speaking, or taking a test
- No known interactions with other medication, herbs, or supplements and can be used, based on clinical judgment, to relieve stress-related symptoms associated with medical procedures
- Meltaway tablets absorbed sublingually; no food or water needed
- Each box contains three sleeves of 20 unflavored tablets

### References

1. 5 Things You Should Know About Stress. National Institute of Mental Health. [www.nimh.nih.gov/health/publications/stress/index.shtml](http://www.nimh.nih.gov/health/publications/stress/index.shtml). Accessed 2021.
2. Coppola L, Montanaro F. Effect of a homeopathic-complex medicine on state and trait anxiety and sleep disorders: A retrospective observational study. *Homeopathy*. 2013;102(4):254-261.
3. Natural Medicines Comprehensive Database. <https://naturalmedicines.therapeuticresearch.com>. Accessed 2021.
4. Martindale W, Reynolds JEF. *Martindale: The Extra Pharmacopoeia*. London: Pharmaceutical Press; 1993.
5. *PDR for Herbal Medicines*. 3rd ed. Montvale, NJ: Thomson PDR; 2004.
6. *Drug Products Labeled as Homeopathic: Guidance for FDA Staff and Industry (revised draft)*. U.S. Food and Drug Administration. October 2019. Available at: <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/drug-products-labeled-homeopathic-guidance-fda-staff-and-industry>.
7. Guernonprez M, Pinkas M, Torck M. *Matière Médicale Homéopathique*. 2nd ed. Sainte-Foy-lès-Lyon: Boiron; 1997.
8. Demarque D, Jouanny J, Poitevin B, Saint-Jean Y. *Pharmacology and Homeopathic Materia Medica*. 3rd ed. Sainte-Foy-lès-Lyon: CEDH; 2007.

\*These statements are supported by an observational study, and therefore may be subject to inherent study-related limitations, including the potential for bias. All results reflect the patients surveyed and are not necessarily transferable to a larger or different population or cohort.





# StressCalm™

## 60 MELTAWAY TABLETS

### Drug Facts

#### Active ingredients\*\* (in each tablet)

Aconitum napellus 6C HPUS (0.4 mg)..... Relieves restlessness and agitation (contains less than 10<sup>-14</sup> mg aconitine alkaloids)  
 Belladonna 6C HPUS (0.4 mg).....Relieves hypersensitivity to stress (contains less than 10<sup>-14</sup> mg atropine alkaloids)  
 Calendula officinalis 6C HPUS (0.4 mg).....Relieves nervous fatigue, hypersensitivity to noise  
 Chelidonium majus 6C HPUS (0.4 mg).....Relieves digestive symptoms caused by stress (contains less than 10<sup>-14</sup> mg chelidonium alkaloids)  
 Jequirity 6C HPUS (0.4 mg)..... Relieves uneasiness (contains less than 10<sup>-14</sup> mg indole alkaloids)  
 Viburnum opulus 6C HPUS (0.4 mg)..... Relieves nervousness and restless sleep  
 The letters "HPUS" indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.

#### Purpose\*

#### Uses\*

- temporarily relieves symptoms of occasional stress such as:
  - nervous tension
  - fatigue
  - digestive symptoms caused by stress
  - hypersensitivity to stress or noise
  - irritability
  - uneasiness
- does not affect alertness

### Warnings

**Stop use and ask a doctor if** symptoms persist for more than 2 weeks or worsen.

**If pregnant or breastfeeding**, ask a health professional before use.

**Keep out of reach of children.** In case of accidental overdose, get medical help or contact a Poison Control Center right away.

### Directions

- Adults and children 12 years of age and older: At the onset of symptoms, dissolve 2 tablets under the tongue 3 times a day until symptoms are relieved.
- Children under 12 years of age: Ask a doctor.

### Other information

- do not use if glued carton end flaps are open or if the blister seal is broken
- store below 86°F (30°C)

**Inactive ingredients** croscarmellose sodium, lactose, magnesium stearate

### Questions or comments?

BoironUSA.com  
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 1-800-BOIRON-1 (1-800-264-7661)

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