

# Relax Comfort

- **passiflora**
- **green tea**
- **hop**

30 capsules

Information  
for the doctors and patients



## Description

Food supplement recommended as the additional source of vitamin B6, flavonoids, valerianic acid, taurine containing theanine, 5-hydroxytryptophan, glycine.

Presentation

Tablets of 900 mg №30.

## Components

**Valeriana officinalis L.** is a plant of Valerianaceae family, it's roots and rhizomes extract contains iso-valeric acid. Valeriana extract is anxiolytic, reduces CNS excitability, relaxes unstriated muscles.

**Passiflora edulis**, whose stems contain alkaloids and a flavonoid viteksin is anxiolytic. Paasiflora has blood pressure lowering, sedative and antispasmodic action, helps to normalize sleep.

**Humulus lupulus L.** is a flowering plant, whose inflorescence extract is extremely rich in polyphenols, vitamins C, B, B1, B3, E, PP, flavone glycosides, catechine, epicatechine, rutin, quercetin. Humulus lupulus extract reported to be of sedative and anticonvulsive action. Influencing unstrained muscles it has spasmolitic action and normalizes arterial pressure. Phenolic compounds of hop extract have strong antioxidative properties.

**Glycine** is an amino acid which improves cerebrum metabolism, is of sedative and nootropic action. Glycine is reported to reduce psycho emotional stress, aggression, improve mood, enhance capacity to work, reduce alcohol toxic action on central nerve system.

**Taurine** is an amino acid stimulates reparation and regeneration processes by dystrophic diseases. It contributes nerve cells membranes functioning, better neurotransmission, activates energy and metabolic processes.

**Glutamic acid** is the most abundant excitatory neurotransmitter in the mammalian nervous system. It

Name	Mg	% of daily need
Valeric acid	1,2	60
Vitamin B6	2,0	100
Taurine	50	12,5
Flavonoid (vitexin)	3,5	70

normalizes inhibition and excitation in central nervous system.

**Green tea extract** (Camellia Sinensis L.) is the evergreen plant whose leaves contain wide complex of vitamins B, C, P, PP, K, potassium, fluorine, copper, iodine, zinc, theanine, polyphenols and bioflavonoids. Green tea accelerates lipid metabolism, decreases cholesterol level, maintains vessels elasticity, prevents premature organism aging, normalizes arterial pressure, eases hangover.

**5-hydroxytryptophan** is an essential amino acid accelerating serotonin formation – one of the most important neurotransmitters. Serotonin improves mood, sleep and awakening, influences satiety and cardiovascular regulation. In peripheral nervous system serotonin influences gastrointestinal and respiratory tracts, urino-genital system.

### **Vitamin B<sub>6</sub>**

Pyridoxine is a vitamin, which takes part in serotonin formation together with 5-hydroxytryptophan.

### **Positive influence on organism functions**

Each of us appeared once under influence of these or that unfavorable physical or emotional factors, stresses. Meanwhile they could have serious consequences- depression, insomnia and other. Balanced complexes for improving psycho physical condition could help to overcome stress conditions.

### **Grant yourself “NEW quality of life”**

«Relax Comfort» contains plant extracts, amino acids and vitamins of high biological activity and are necessary for normal organism functioning to overcome stress, fatigue and enhance resistibility.

**Application:** adults – 1-2 tablets per day at mealtime. A course is 1 month. It may be repeated if necessary.

**Store** at dry cool place.

**Contraindications:** pregnancy and lactation, individual intolerance of the components  
Consult a doctor before taking.

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**Produced by** LLC “V-MIN+” for CJSC “PhC Ekomir”

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