



# Relax-Tone

## What?

**Relax-Tone** is a broad-spectrum homeopathic remedy for anxiety, grief, insomnia and other signs of acute emotional stress.

## Why?

Have you ever stayed up at night thinking about something that happened during the day, replaying it over and over in your mind? Or maybe you experienced anxiety over a speech that you had to give at work or school? We all have situations in our lives that come up to cause anxiety or stress. Maybe you're even nodding your head "yes" as you're reading this. That's where **Relax-Tone** can help! This blend of homeopathic ingredients provides support for the nervous system, promoting relaxation, mental clarity and a feeling of overall well-being.

Key ingredients in this remedy include *Nux vomica* (*Poison Nut*), which has been included to help with insomnia due to an overactive mind; *Ignatia amara* (*St. Ignatius' Bean*) has been observed to assist in alleviating emotional stress and nervousness; *Passiflora incarnata* (*Passion Flower*) has been included for its quieting effect on the nervous system; *Valeriana officinalis* (*Valerian*) helps with insomnia and conditions of restlessness.

## How?

30 drops orally twice daily AM/PM, or as directed.

## Tips:

For intense emotional situations, **Relax-Tone** can be added to warm bathwater to calm the nervous system.

### Key Ingredients:

*Calcarea carbonica* (*Carbonate of Lime*) 12X, *Coffea cruda* (*Coffee, unroasted*) 12X, *Ignatia amara* (*St. Ignatius' Bean*) 12X, *Kali Phosphoricum* (*Potassium Phosphate*) 12X, *Humulus lupulus* (*Hops*) 3X, *Moschus* (*Musk*) 12X, *Nux vomica* (*Poison Nut*) 12X, *Passiflora incarnata* (*Passion Flower*) 3X, *Phosphorus* 12X, *Pulsatilla nigricans* (*Wind Flower*) 12X, *Staphysagria* (*Stavesacre*) 12X, *Valeriana officinalis* (*Valerian*) 3X

To learn more about homeopathy, ask your healthcare professional for a copy of *Energetix' patient brochure: "Homeopathy Made Simple."*



This information is not meant to diagnose, treat or replace traditional treatment, and has not been approved by the FDA or HPB.

### References:

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