



Ordering Information

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06022
Calm Five®
(2 oz.)

Synergistic Considerations

Core Valerian
Fields of Flowers®
Core Ashwagandha
Seratran

Calm Five® is a homeopathic combination formula containing five flower essences traditionally used for emergency situations and every-day stress. Emotional symptoms left unchecked often manifest as physical symptoms. **Calm Five®** can be helpful in times of acute stress or fright, when receiving bad news, or following accidents or injuries.

Indications

For acute symptoms such as fear, extreme agitation, shock, anxiety, grief, hopelessness, and denial.

Ingredients and Supplement Facts

Clematis vitalba, flos 30C
(Clematis) ^{1(p588)}

Helianthemum nummularium, flos 30C
(Rock Rose) ^{1(p1676-7)}

Impatiens glandulifera, flos 30C
(Impatiens) ^{1(p980)}

Ornithogalum umbellatum, flos 30C
(Star of Bethlehem) ^{1(p1839)}

Prunus cerasifera, flos 30C
(Cherry Plum) ^{1(p527)}

Drug Facts	Drug Facts (continued)
Active ingredients 59.1 mL contains 20% of Clematis vitalba, flos 30C (Clematis); Helianthemum nummularium, flos 30C (Rock Rose); Impatiens glandulifera, flos 30C (Impatiens); Ornithogalum umbellatum, flos 30C (Star of Bethlehem); Prunus cerasifera, flos 30C (Cherry Plum).	Directions ■ Take 30 drops orally twice daily or as directed by a healthcare professional. ■ Consult a physician for use in children under 12 years of age or if symptoms worsen or persist.
Purpose Temporary relief of agitation, shock, fear.	Other information ■ Store at room temperature out of direct sunlight. ■ Do not use if neck wrap is broken or missing. ■ Shake well before use.
Uses Temporary relief of agitation, shock, fear.	r01-24-06022
Warnings ■ In case of overdose, get medical help or contact a Poison Control Center right away. ■ If pregnant or breast-feeding, ask a healthcare professional before use. ■ Keep out of reach of children. →	

References

1. Murphy R. *Nature's Materia Medica, Third Edition*. Blacksburg, VA: Lotus Health Institute; 2006.