



# Chill Pill

## DESCRIPTION

Chill Pill, available exclusively from Medical Wellness Associates, is a synergistic combination of natural ingredients including minerals and herbs designed to support healthy relaxation and support the body's stress response.

## FUNCTIONS

- Valerian root has been used since antiquity to relieve emotional stress associated with fear or anger. As a non-narcotic herbal relaxant, valerian root extract can act as an effective food supplement that promotes restful sleep. As a muscle relaxant, valerian root may be helpful in relieving the dysfunction that contributes to neck and shoulder tension, muscle spasms and menstrual discomfort.
- Passionflower (*Passiflora incarnata*) has also been used for many years as a natural relaxant. Central American natives used it to soothe overactive nerves, as a treatment for insomnia and hysteria. Some suggest its use for a variety of conditions, including insomnia, as well as dysmenorrhea and muscle spasms. Some have suggested that the two herbs, valerian and passionflower, may act synergistically, one to support normal sleep patterns and the other to support stress and healthy relaxation.
- Inositol is an important nutrient related to B vitamins. It is found in all animal tissues, with the highest concentration found in the brain and heart. It is a component of the outer lining of all cells in the body and contributes to healthy muscular and nerve function.
- Among their many other roles, calcium and magnesium are essential for proper muscle function and supporting the body's response to stress.
- Chamomile is a traditional calming and soothing herb used to support healthy relaxation.

## INDICATIONS

Chill Pill may be a useful supplement for individuals wishing to support relaxation and stress response.

## FORMULA (#98551)

### 4 Capsules Contain:

Calcium (as calcium citrate) .....	250 mg
Magnesium (as magnesium oxide) .....	250 mg
Inositol .....	250 mg
Valerian (root) .....	125 mg
Chamomile (flower) .....	50 mg
Passion flower .....	125 mg

## SUGGESTED USE

Adults take 4 capsules daily or as directed by physician.

## SIDE EFFECTS

No adverse side effects reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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**These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.**

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