

APPLICATIONS

- Relaxation/Sleep Support
- Stress Management Support
- Immune System Support
- Inflammatory Response Support
- Neurological Support



INTRODUCTION

RelaxMedix is a proprietary blend of hydro-ethanol extracts from Valerian root (*Valeriana officinalis*) and Cat's Claw bark (*Uncaria tomentosa*), also known as Samento. Constituents of *V. officinalis* include, among others, the sesquiterpene valerenic acid and iridoid valepotriates.¹ *V. officinalis* and its constituent valerenic acid may act as a GABA agonist as well as a partial HT agonist.^{2,3,4,5} *V. officinalis* may also act as an A₁ receptor agonist.⁶ Activity at these receptors may account for valerian's role in the support of relaxation, sleep, and a healthy stress response.* Samento is extracted from the rare pentacyclic chemotype of *U. tomentosa*, which is TOA-free. This pentacyclic oxindole alkaloid (POA)-predominant, tetracyclic oxindole alkaloid (TOA)-free form of *U. tomentosa* may help with immune system support and inflammatory response support.^{7,8}

RelaxMedix is made at our U.S. manufacturing facility using a specialized proprietary extraction process that optimizes the constituents of the herbs in their original, unprocessed state to obtain broad-spectrum concentration. Because our extracts are made in our own facility, we control all aspects of quality, including stringent ID testing, microbial testing, and heavy metal testing. NutraMedix rigorously follows current good manufacturing practices (cGMP), as do our suppliers.

RELAXATION/SLEEP SUPPORT

According to a recent systematic review and meta-analysis of human trials, *V. officinalis* may help to support relaxation and sleep in occasional sleeplessness.⁹ It may help to support both quality and quantity of sleep, with fewer nighttime awakenings.⁹ *V. officinalis* may also support sleep through skeletal muscle

relaxation, as seen in a mouse study.⁴

STRESS MANAGEMENT SUPPORT

Valerian may help with stress management support during occasional stress.¹⁰ One human trial with healthy individuals compared the effects of valerian alone, kava alone, and no treatment, on mental stress during cognitive testing. All three groups underwent initial cognitive testing, then were administered either valerian, kava, or nothing for 7 days. All three groups then underwent a subsequent session of cognitive testing. While both the valerian and kava groups experienced a decrease in systolic blood pressure after the intervention, only the valerian group experienced a lower heart rate during mental stress. While neither intervention affected performance, it appeared to mitigate the perception of mental stress by decreasing physiological reactivity.¹⁰ A similar decrease in physiological reactivity was seen in a separate randomized, controlled trial.¹¹ In mice, one study found that constituent valepotriates may help to support healthy stress management, which a rat study attributed to modulation of the HPA axis.¹² As shown in a mouse study, *U. tomentosa* may also help to support stress management.¹³

OTHER USES

Immune System Support

U. tomentosa (pentacyclic chemotype) may help to maintain a healthy immune response and support immune system homeostasis.* *U. tomentosa* may help to maintain neutrophil function as well as Th1 and Th2 levels already within the normal ranges.^{13,14,15} It should be noted that only TOA-free *U. tomentosa* (such as Samento) helps with immune support.⁷

Together, *V. officinalis* and *U. tomentosa* have synergistic effects.* It is known that both stress and insufficient sleep have depressant effects on the immune system.¹⁶ *V. officinalis* may help to maintain immune system health through the support of relaxation and sleep, while TOA-free *U. tomentosa* (pentacyclic chemotype) may help to support immune system health more directly.⁷

Inflammatory Response Support

U. tomentosa (pentacyclic chemotype) may help to maintain a healthy inflammatory response.^{8,17} It may help to support NF-kappa B levels already within the normal range in a dose-dependent manner,^{18,19} thus supporting both TNF-alpha and IL-1-beta within the normal ranges.¹⁸

Neurological Support

U. tomentosa may help to support neurological health and help to maintain healthy neurocognitive function.^{20,21}

SAFETY AND CAUTIONS

V. officinalis (root) is generally well tolerated. Common side effects include drowsiness, dizziness, and occasional gastrointestinal effects. As *V. officinalis* supports relaxation, it may have additive effects when taken with sedative substances such as alcohol,²³ benzodiazepines,²⁴ or CNS depressants.²⁵ Because *V. officinalis* mildly inhibits glucuronidation, it is possible that *V. officinalis* may increase levels of drugs metabolized by UGT1A1 and UGT2B7.²⁶ While rare, there have been isolated case reports of hepatotoxicity, particularly in higher doses, with multi-ingredient formulas, or concurrent with alcohol abuse.²⁷ *V. officinalis* is considered safe at recommended doses for shorter periods.²⁷ In extended use, it should be tapered rather than stopped abruptly, to avoid rebound effects.²⁷

U. tomentosa (bark) is generally well tolerated. Gastrointestinal effects such as nausea, vomiting, constipation and diarrhea have been reported.²⁸ It should be avoided in those taking immunosuppressants, as it may interfere with immunosuppressant therapy.²⁹ *U. tomentosa* may inhibit P450 CYP3A4 enzymes and therefore may slow the metabolism of drugs metabolized by CYP3A4.³⁰ *U. tomentosa* may have additive effects with anticoagulants, generally attributed to the TOA rhynchophylline,³¹ as well as additive effects with antihypertensive drugs, generally attributed to the TOAs rhynchophylline and isorhynchophylline.^{32,33} As a reminder, Samento is TOA-free.

Safety not documented in breastfeeding or pregnant women, or in children under 3 years of age due to insufficient safety research.

*** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, or prevent any diseases.**

NutraMedix

SHAKE WELL BEFORE EACH USE.
For occasional stress support, take 10-15 drops 2-4 times per day, or for occasional sleep support, take 20-30 drops at bedtime, or as directed by your physician. Put drops in 4oz (120ml) of water and wait one minute before drinking. Do not use if pregnant or nursing. Stop use if adverse reactions develop. Keep out of reach of children.

†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.

RELAXMEDIX™

RELAXATION / SLEEP
SUPPORT †

Dietary Supplement

1 fl oz. (30mL)

Supplement Facts
Serving Size 30 drops (1.5mL)
Servings Per Container 20

Amount Per Serving	
Proprietary Blend	1.5 mL*
Valerian root extract and <i>Uncaria tomentosa</i> bark extract (Pentacyclic chemotype)	
*Daily Value not established	

Other Ingredients: mineral water, ethanol (20-24%)

NutraMedix
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561-745-2917

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Lot #
Exp.

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