

Children's Calm Care

Herbs of Gold Children's Calm Care is a great tasting blackcurrant flavoured chewable tablet, formulated for children with Chamomile, magnesium and Lactium®.

Each chewable tablet contains:

<i>Matricaria chamomilla</i> (Chamomile) flower extract 30mg derived from dry flower.....	300mg
Alpha caseozepine enriched hydrolysed milk protein (Lactium®).....	25mg
Magnesium amino acid chelate equiv. magnesium.....	15mg

Naturally sweetened with xylitol and thaumatin.

Contains lactose – Lactium® is derived from cow's milk.

Each tablet contains 773mg xylitol. Products containing xylitol may have a laxative effect.

Does not contain egg, peanut, soy, tree nuts, gluten or artificial colours, flavours, sweeteners or preservatives.

DIRECTIONS FOR USE

Tablets can be crushed and added to food.

Children 1-3 years - Chew 1 tablet, twice daily.

Children 4-9 years - Chew 1 tablet, three times a day.

Or take as directed by your health professional.

Not suitable for use in children under the age of 12 months, except on health professional advice.

FEATURES & BENEFITS

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| ✓ Nervous system relaxant | ✓ Soothes & calms nerves in children | ✓ Great tasting natural blackcurrant flavour | ✓ Contains Lactium® a milk protein with calming effects |
| ✓ Nervous system health | ✓ Relieves irritability & restlessness | ✓ With tooth friendly xylitol | |
| ✓ Relieves digestive discomfort | | | |

TECHNICAL INFORMATION

- Children are faced with many stressful situations within their day. When they're unable to cope with new environments, frustration can begin to build, putting them in fight or flight mode. Once this reaction begins, chemicals including adrenaline, noradrenaline and cortisol can cause children to become overexcited, and calming them down from this physiological response can be challenging.
- Children's behavior is strongly influenced by their sleep patterns. Shorter sleep duration has been associated with inattention, impaired memory and learning, irritability, moodiness, temper tantrums and hyperactivity¹. Improving children's quality of sleep may have a positive effect on their behavior.
- Ongoing stress can have secondary effects on children's health, such as poor immunity, low energy, digestive disturbances and low appetite.
- Children's Calm Care contains Lactium®, a natural milk protein that was discovered when researchers began to investigate the calming state of babies after drinking milk. Its calming effects are due to its action on gamma-aminobutyric acid (GABA) pathways. GABA is a neurotransmitter with calming effects on the brain.
- Children's Calm Care contains magnesium as amino acid chelate. Magnesium bound to an amino acid allows for greater absorption through the intestinal wall.
- Children's Calm Care is naturally sweetened with tooth-friendly xylitol. Xylitol is a natural sweetener found mainly in fibrous fruits and vegetables. While sugar has a glycaemic index of 100, xylitol has a glycaemic index of 7, so it has a negligible effect on blood sugar levels. Xylitol is alkalisng which creates an unfriendly environment for bacteria detrimental to tooth enamel.

Nervous system health

- Chamomile is traditionally used in Western herbal medicine for its calming effect on children. Chamomile has been found useful in children that are irritable, anxious, nervous and restless². Its mild sedative action can also help children fall asleep.
- Chamomile is considered the classic herbal remedy for restlessness and nervous irritability in children³. An archetypal children's remedy, it has a long history of use for whining and irritated infants.
- Magnesium is important for maintaining nervous system health. When stressed, magnesium is released from the blood cells and goes

into the blood plasma, where it is then excreted via urine. Ongoing stress depletes the body of its magnesium stores.

- Magnesium has a protective effect on the nervous system by its action on GABA, the neurotransmitter responsible for calming the body and the mind.

Digestive discomfort

- Chamomile is traditionally used in Western herbal medicine in young children to help relieve digestive complaints, such as wind, bloating, belching and burping. Chamomile is also helpful for reducing inflammation in the gastrointestinal tract and can be used in combination with probiotics for digestive discomfort.
- The Commission E has approved Chamomile for internal use for gastrointestinal spasms and inflammation of the gastrointestinal tract⁴.

DRUG INTERACTIONS

- Caution with warfarin - Chamomile may increase the effects.
- Caution with quinolone and tetracycline antibiotics - magnesium may form insoluble complexes with the drugs and decrease absorption. Separate dose.
- Caution with bisphosphonate medications - magnesium supplements can reduce drug absorption. Separate dose by 2 hours.

CAUTIONS

- Contraindicated in people with allergies to the Compositae/Asteraceae family (Chamomile).

SIDE EFFECTS

- None noted at the recommended dose.

COMPANION PRODUCTS

- Children's Calci Care
- Children's Fish-i Care
- Children's Magnesium Care
- Children's Multi Care



60 chewable tablets



1 Santich, R., & Bone, K. (2008). *Phytotherapy Essentials: Healthy children: optimising children's health with herbs*. Phytotherapy Press.

2 Bone, K. (2003). *A Clinical Guide to Blending Liquid Herbs: Herbal formulations for the individual patient*. Churchill Livingstone.

3 Santich, R., & Bone, K. (2008). *Phytotherapy Essentials: Healthy children: optimising children's health with herbs*. Phytotherapy Press.

4 American Botanical Council. (2000). *Chamomile flower, German*. Integrative Medicine Communications.