Clinical Applications

- Promote Sense of Inner Calm
- Support Physical Reserves in Chronic & Acute Stress

Vida Serene™ is a 5:1 concentration of a traditional Chinese botanical formula used successfully for over 700 years. It is designed to be used under supervision within a stress management protocol. The high quality herbs contained have been scientifically and clinically documented. The synergism among many of these herbs is vital to its efficacy.

All Vida Pura® Formulas Meet or Exceed cGMP quality Standards

Discussion

Rehmannia Root (Rehmannia glutinosa) & Scrophularia Root (Scrophularia ningpoensis) are two closely related herbs with such similar therapeutic uses that they are often used in formulas together. Rehmannia is especially useful for treating hormonal disorders such as adrenal insufficiency, thyroid imbalance and menopause. Chinese herbalists use it to restore vital force, to help the body adapt and endure physical and environmental stress and to reduce blood pressure.[1] Rehmannia preserves adrenal gland function and adrenal weight and supports adrenal-dependent blood sugar metabolism.[2,3] Scrophularia supplements kidney chi (adrenal chi).[4]

Schisandra Fruit (Schisandra chinensis) is used as an adaptogen for increasing energy and resistance to stress and disease. It normalizes blood pressure and blood glucose levels and stimulates the immune system. In TCM specifically, Schisandra is used for physical exhaustion, depression, irritability and memory loss. Its lignan content may be antidepressant, anti-fatigue and tranquilizing.[5]

Jujube (Zizyphus spinosa) is used in Chinese medicine for lack of appetite, fatigue, hysteria, hypertension and as a sedative. Jujube has also been used against stress ulcers.[6]

Biota Seed, also called arborvitae seed contains aromatic compounds that have a sedative effect. It is used for heart palpitations, insomnia, debility and constipation.

Don Quai Root (Angelica sinesis) is used in TCM to strengthen the heart, spleen, liver and kidneys. Dong quai has a mild sedative effect that can relieve stress and calm nerves.

Chinese Asparagus Root (Asparagus cochinchinensis) is considered very cold in TCM. It is used to moisten dryness, nourish yin and treat constipation.[7]

Ophiopogon Root (Ophiopogon japonicus) is known as Mai Men Dong in TCM. Its main function is as a tonic for yin deficiency. This herb, often combined with others is used to address insomnia, restlessness, irritability, hypertension, palpitations, thirst, dry mouth, fatigue and inhibits pathogens.[8]

Panax Ginseng (white) is used as a general tonic to strengthen the body and restore vitality. It is used in the presence of stress-related symptoms such as: loss of appetite, nausea, listlessness, forgetfulness, dizziness, headache, insomnia. Ginseng stimulates the pituitary to secrete ACTH that in turn stimulates the adrenal activity. Ginseng also appears to enhance the immune system.[9,10]

Chinese Salvia Root (Salvia miltiorrhiza) also known as Chinese sage or red sage root is used to support the liver and as a heart tonic that improves circulation. It may have antioxidant and anti-inflammatory properties.[11] Stress can cause bone loss. Tanshinone IIA, a substance in Salvia miltiorrhiza “has the potential to ameliorate bone-resorption diseases in vivo by reducing both the number and activity of osteoclasts.”[12]

Poria Fungus (Poria wolffiporia), a mushroom, is an attractive ingredient for a stress formula because it is known to reduce anxiety, restlessness, fatigue, tension, nervousness and insomnia.[13]

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Platycodon Root (Platycodon grandiflorum), is an ancient Chinese herb associated with reduced sensitivity for allergic reactions and reduced capillary permeability. It is used to treat diarrhea and edema, has analgesic and sedative effects and is beneficial for the treatment of stomach and duodenal ulcers.\[14\]

Acorus Rhizome (Acorus gramineus), or Japanese Sweet Flag has been used in Asia for more than 2000 years to lessen swelling and constipation. One of its components has a neuroprotective effect.\[15\]

### Supplement Facts

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<tr>
<th>Serving Size: 2 Capsule</th>
<th>Servings Per Container: 60</th>
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<tbody>
<tr>
<td><strong>5:1 Herbal Extract Blend</strong></td>
<td>1000 mg</td>
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| **% Daily Value** | **  
Rehmannia Root (Rehmannia glutinosa), Schisandra Fruit (Schisandra chinensis),
Jujube Fruit (Zizyphus jujuba), Biota Seed (Biota orientalis), Dong Quai Root (Angelica sinensis),
Chinese Asparagus Root (Asparagus cochinchinensis), Ophiopogon Root (Ophiopogon japonicus),
Scrophularia Root (Scrophularia ningpoensis), White Panax (Panax ginseng),
Chinese Salvia Root (Salvia miltiorrhiza), Poria Fungus (Poria wolfiporia),
Platycodon Root (Platycodon grandiflorum), Acorus Rhizome (Acorus gramineus)** | **  
**Daily Value not established.** |

**Other Ingredients:** Vegetable capsule (HPMC, water), microcrystalline cellulose, magnesium stearate, silicon dioxide.

### Dosing:

Take two capsules, two to three times daily in divided doses.

### References


### Contraindications

Not to be used by pregnant or lactating women. May cause loose stools in some individuals. As with any herb, allergic reaction is a possibility, as is herb/drug interaction.

*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.*