Vida Serene

Clinical Applications

• Promote Sense of Inner Calm*
• Support Physical Reserves in 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 Pura Vida 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 adrenoadependent blood sugar metabolism.[2,3] Scrophularia supplements kidney chi (adrenal chi).[4]

Schisandra Fruit (Schisandraceae) 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 tranquillizing.[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 sinensis) 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 boneresorption diseases in vivo by reducing both the number and activity of osteoclasts”.[12]

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

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]

*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.
**Supplement Facts**

Serving Size: 2 Capsules  
Servings Per Container: 60

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<th><strong>Amount Per Serving</strong></th>
<th><strong>%Daily Value</strong></th>
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<tr>
<td>1g 5:1 Herbal Extract Blend</td>
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**Other Ingredients:** HPMC (capsule), microcrystalline cellulose, magnesium stearate, and silica.

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**Directions**

Take two capsules two to three times daily or as directed by your healthcare practitioner.

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**References**


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**Cautions**

Consult with your healthcare practitioner before use. Keep out of reach of children.

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