Hista-Calm

Natural support for upper respiratory health

Hista-Calm is a blend of nutrients and botanical extracts designed to support a healthy immune response during times of seasonal upper respiratory challenges.

Tinofend®

The key ingredient in this product, Tinofend®, is an extract from the plant *Tinospora cordifolia*, which has been used since the early 1900s in Ayurvedic medicine for its immune-modulating action. Tinofend® contains a complex of polysaccharides and polyphenols that has been shown to regulate key immune mediators and stimulate the activity of macrophages—specialized cells that are a primary part of the immune system.

Additional Highlights: ***Vitamin C, quercetin, and nettles*** *– All three provide antioxidant benefits and help support the immune system.*

Vitamin C

One of the most well-known and widely studied nutrients of our day, vitamin C (ascorbic acid) is a water-soluble vitamin with many functions in the body. Besides its antioxidant and immune-supportive roles, it is necessary for the body to make collagen in bones, cartilage, muscle, and blood vessels. It is a naturally occurring compound found in many plant foods, most notably citrus fruits, berries, pineapple, bell peppers, and broccoli.

Quercetin

Quercetin has been called "king of the flavonoids" because of its powerful antioxidant properties and its ability to promote a healthy response to inflammation. It is found in many foods that are recognized for their health benefits, such as red onions, apples, olive oil, dark berries and grapes, capers, salad greens and culinary herbs, such as dill, cilantro, watercress, and radicchio. (Quercetin contributes to the richly colored pigments in these foods.)

Nettles

Nettles (a.k.a. "stinging nettle") is a perennial flowering plant which has been employed throughout the ages and across the globe for a wide variety of purposes. Documentation points to its use in ancient Egypt, ancient Greece, and among native peoples in North America. Nettle has been consumed directly, or made into soup or tea. Its high content of vitamin C and iron underlies its immune-supporting effects. Nettle has traditionally been used for supporting respiratory and joint health. It is also a compound with natural abilities to help balance the body's inflammatory response.

Note: The bicarbonate salts in this formula—potassium and sodium—may help mitigate the potential drowsiness experienced by those who may also be taking antihistamine medications.

Recommended Use:

As a dietary supplement, take four capsules daily, two capsules twice per day, or as directed by your health care practitioner.

Tinofend® is a registered trademark of Verdure Sciences.

Adaptogen research

*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.

ADAPTOGEN RESEARCH • 625 BARKSDALE ROAD, SUITE 113 • NEWARK, DE 19711 • 302-213-0030