



AIM Composure™



NPN 80007112

CANADA

Composure is a combination of three soothing herbs that relax and calm nerves, reduce restlessness, and promote restful sleep.

How is Composure Unique? _____

- Time-tested formula
- Traditionally used in Western Herbalism as a mild sedative to relieve nervousness and unrest.
- Contains herbs that synergistically work together to achieve maximum results

Approach _____

Composure helps maintain your neuro health, especially in regard to dealing efficiently with stress. The Composure formula is made up of three herbs: valerian root, passionflower and hops flower. These herbs work synergistically to provide a safe and effective way to reduce tension and relieve nervousness and unrest.

Composure may be taken during the day to help with stressful situations or during the evening to help you relax.

Stress _____

A key cause of nervousness, restlessness and sleeplessness is stress. We need to be aware of how stress impacts our health.

Drops of water falling in the same spot over a period of time will eventually cause erosion. Stress is cumulative, and when left unchecked, it can disrupt any or every part of our lives.

Stress is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. It can be negative or positive in the form of distress and eustress, respectively. Examples of eustress may include excitement for an event or the feeling in your stomach when you are experiencing a fun challenge, such as a new workout or work assignment, as well as life events (e.g., getting married or having a child). However, undue distress is above and beyond that which we can endure. It occurs when we work too much, sleep too little, struggle with family, work, financial and social obligations or deprive our bodies of needed nutrients.

When we experience stress, the adrenal glands release cortisol, a hormone that helps our bodies utilize proteins, carbohydrates and fats to produce the energy needed to respond to whatever is causing the stress.

Key Benefits and Features

- Reduces restlessness
- Relaxes muscles
- Calms nervous tension
- Promote restful sleep
- 90 vegan capsules

Normally, cortisol levels are higher in the morning and diminish during the day, allowing us to rest in the evening. However, when stress continues throughout the day and creates a demand for increased amounts of cortisol, adrenal exhaustion and unnaturally high levels of cortisol can result in sleeplessness, blood sugar irregularities, high blood pressure, fat accumulation, exhaustion and more. The overall result is that stress depresses the immune system and can negatively impact various aspects of your life.

Everyone experiences stress at some point. In the twenty-first century, stress levels seem to be rising due to our 24/7 lifestyles. In agrarian times, we rose at sunrise and went to bed at sundown. Although stresses still occurred, our bodies and minds had enough sleep to rejuvenate. Ever since the introduction of electricity, we have been able to remain active until late in the evening. Our bodies may cry for rest and sleep, but our schedules demand more output.

One of the first casualties of stress is often our sleep patterns. After a long workday and an active evening at home, we fall into bed and our minds begin to race. With too much stimulation and too little down time, we are not ready for sleep when our bodies crave it. Yet, sleep is the first bastion against handling stress. A vicious cycle begins when stress leading to sleeplessness hinders the ability to handle stress, which causes more stress and further loss of sleep. There are many choices we can



make to reduce stress, but for most of us, those choices take time and effort to implement. However, we need immediate relief to break the vicious stress/sleeplessness cycle. Composure can help.

Composure

All three botanicals in Composure have been traditionally used as a mild sedative to relieve nervousness and promote restful sleep.

Valerian Root

(300 mg per capsule)

Valerian root has been used for centuries to enhance sleep and to relieve restlessness. In fact, valerian was considered to have so many healing properties during medieval times that its common name was *All Heal*. Today, the majority of valerian research has centered on its ability to aid in establishing healthy sleep patterns. A study¹ published in *Pharmacopsychiatry* (March 2000) shows that when valerian was taken consistently for at least eight days to two weeks, participants demonstrated significant improvement in the ability to fall asleep and reach deep sleep for maximum rest.

Passionflower

(200 mg per capsule)

Passionflower was used by Native Americans to soothe the nerves. Its constituents maltol, ethyl-maltol and some flavonoids are known for their relaxation properties, and another constituent, passiflorine, reportedly promotes calmness and induces sleep.

Hops Flower

(75 mg per capsule)

Hops flowers are best known for their quality as a sleep aid, inducing a relaxing sleep without side effects. In fact, hops are often included in sleep pillows to contribute to relaxation in sleep. It is interesting to note that European herbalists recognize hops as a digestive aid as well.

How to use Composure:

- Take 3 capsules, 1 to 2 times per day.
- Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Consult a health care practitioner if you are taking barbiturates, sedative drugs and/or other herbs with sedative properties, have depression and/or related diseases or if symptoms persist or worsen.
- Exercise caution if operating heavy machinery or driving a vehicle within 2 hours of consumption.
- Do not use if you are pregnant or breastfeeding.
- Keep out of reach of children.
- Close tightly after opening and store in a cool, dry, dark place. Do not refrigerate.

FAQs

Will this product make me sleepy?

This is determined by the amount taken and individual physiology. Some people may experience sleepiness while others find the recommended amount (or less) relaxing.

If I take Composure before bed, will I be groggy in the morning?

This product is most effective for relaxation and helping to reach restful sleep. Most individuals do not experience grogginess upon waking.

Can I take Composure with other products?

Yes, you can take Composure with other AIM products. Please consult a health care practitioner if you use sedative medications.

Is it okay to take Composure during the day, or should I take it only at night?

You may take Composure when you feel it is needed. You may choose to take it during the day to relieve stress or in the evening for relaxation and to promote sleep.

Is Composure habit-forming?

Taken as recommended, Composure is not habit forming.

Distributed exclusively by:

¹ Donath F, Quispe S, Diefenbach K, Maurer A, Fietze I, Roots I. Critical evaluation of the effect of valerian extract on sleep structure and sleep quality. *Pharmacopsychiatry*. 2000;33(2):47-53.