

# Relax!

Stress can bring out the worst in us . . . poor health. Being relaxed during nerve-racking times allows you to:

- slow your heart rate
- lower your blood pressure
- reduce muscle tension
- control your anger or frustration



Handling stress requires composure, a feeling of calmness. But sometimes that feeling is out of reach, so reach for **Composure**, a calming combination of herbs. It's a natural way to relax.

## Why Herbs?

Herbs have been used effectively and safely for centuries by those struggling with stress and poor sleeping habits. Composure can be taken day or night to alleviate nervous tension and restlessness.



For over 200 years, using **passionflower** has been documented for reducing stress and relieving muscle tension. Both keep you awake at night. Passionflower is just one of the soothing herbs in the Composure formulation.

## Composure: A Natural Sleep Aid

The physical and mental benefits of getting enough sleep are restorative, helping in a number of ways that include:

- Stress reduction
- Mood enhancement
- Weight management
- Immune system maintenance

Composure can be taken at any time during the day to help you relax and before bed to get a good night's sleep.

## Composure in the Face of Stress

Stress negatively impacts health, often causing headaches, decreased productivity or sleepless nights. The resulting mental pressure affects behavior and feelings. Unchecked, stress can lead to any number of serious health issues.



<b>Under Stress</b>	
<b>Behavior</b>	<b>Feelings</b>
Eating too much	Anxious
Displaying anger	Restless
Isolating yourself	Sad
Inactivity	Uninspired
Sleeping too little	Fatigued

The herbs in Composure were carefully selected for their **soothing effects** on mind and body.

**100% Natural  
Stress Reliever**

The AIM Composure formula is different in Canada.

## The Sleep Cleanse

For centuries, science has known about the digestive and lymphatic systems, both of which help to cleanse the body of waste and toxins. It was not until 2012 that the glymphatic system was identified as the way the brain gets rid of waste. But it mainly works at night while people are sleeping. Cerebral spinal fluid gets pumped through brain tissue, collecting waste and removing it through a series of channels that expand during deep sleep. Knowledge of the glymphatic system is another reason why sufficient sleep is vital to maintaining good health.



[www.ncbi.nlm.nih.gov/pubmed/22896675](http://www.ncbi.nlm.nih.gov/pubmed/22896675)

# Meet the Herbs in Composure (U.S. formula)

## **Alfalfa:**

Rich in minerals

## **Marshmallow Root:**

Digestive aid, calming effect

## **Oatstraw:**

Eases tension during times of stress

## **Passionflower:**

Promotes calmness and sleep

## **Irish Moss:**

Rich in minerals including iodine

## **Shave Grass (Horsetail):**

Rich in minerals, flavonoids and phenolic acids

## **Slippery Elm:**

Antioxidants

## **Yucca:**

Immune system support



## Benefits of AIM Composure



- Helps Maintain Neuro Health
- Increases Relaxation
- Antioxidant Action
- Help Sleeping
- Vegan
- Non-GMO