



Not only do we make the supplements! We make the supplements Better.

ANGER MANAGEMENT

180 CAPSULES



WHAT IS ANGER MANAGEMENT?

We all know what anger is and we've all experienced it, whether as a fleeting annoyance or as full-fledged rage. Anger is "an emotional state that varies in intensity from mild irritation to intense fury and rage," according to Charles Spielberger, PhD, a psychologist who specializes in the study of anger. Like other emotions, it is accompanied by physiological and biological changes; when you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, adrenaline and noradrenalin. The goal of Anger Management is to reduce both your emotional feelings and the physiological arousal that anger causes. There are psychological tests that measure the intensity of angry feelings, if you are prone to anger, and how well you handle anger. However, chances are good that if you do have a problem with anger, you already know it. If you find yourself acting in ways that seem out of control and frightening, you need help finding better ways to deal with this emotion. You can't get rid of or avoid the things or the people that enrage you nor can you change them, but you can control your reactions. Anger Management all-natural herbal supplement is designed to reduce the intensity of the anger and provide emotional distance giving you the ability to choose a response in a more controlled and logical manner. Each herb in our Anger Management supplement has a specific function in controlling and managing biological and physiological functions. All together they form a potent combination to control frustration and anger.

Take more capsules if needed to control your urge and anxiety.

Cortex Albiziae: Tranquilizes the mind and disperses the depressed Qi, activates blood circulation and relieves swelling.

1 Os Draconis: Sedation and tranquilization, calming the liver and suppressing hyperactivity of liver-yang, restraining spermatorrhea.

Concha Ostreae: Astringent, restrains, neutralizes stomach acidity and calms pain.

Semen Ziziphi Spinosae: Sedative and hypnotic activity. Radio protective activity. Protection from anoxia (lack of oxygen) and re-oxygenation damage. Central nervous system. Protective effects on cardiac cells. Anti-neoplastic effects. Enhancing immunity. Protective against ischemic cerebral damages.

Radix Polygalae: To calm the heart and soothe the mind as well as to resolve phlegm and clear the orifices (sense organs).

Tang Kuei: Has calming properties such as chamomile that help relieve the symptoms associated with PMS and menstrual challenges, including cramping, stress and occasional sleeping problems.

Bupleurum: Contains triterpenoid saponins (called saikosaponins), sterols and other phytochemicals that actively promote healthy liver function support adrenal gland health stimulate protein synthesis promote the body's normal resistance function

Ginger: Is a medicinal herb used primarily for the treatment of Dyspepsia (discomfort after eating), which includes the symptoms of bloating, heartburn, flatulence, and nausea. It is also considered helpful as a preventative for motion sickness and as a digestive aid. In some traditional systems it is credited with the ability to treat arthritis, fevers, headaches, and toothaches. It may have the ability to lower blood cholesterol and aid in preventing internal blood clots. It is often taken to help combat colds, coughs, and the flu.

Atractylodes: Medicinally known as Rhizoma Atractylodis Macrocephalae. It lowers blood glucose levels by increasing the glucose assimilation It has a strong and prolonged urinary effect: sustainable to up to 8 hours two- to six-fold increase of urinary output. Improves body endurance.

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Peony: Is a famous and highly prized blood tonic used to relax muscles and cleanse the blood. It is one of the most highly prized women's herbs used traditionally to help regulate the female hormonal cycle. Peony is also used as a pain reducing agent and as an emotional stabilizer, particularly valuable with women who experience hormonal imbalances. It is said to relieve cramps and spasms anywhere in the body.

Poria: Is a famous and highly prized blood tonic used to relax muscles and cleanse the blood. It is one of the most highly prized women's herbs used traditionally to help regulate the female hormonal cycle.

Licorice: Is used by health care professionals today to relieve respiratory ailments (such as allergies, bronchitis, colds, sore throats, and tuberculosis), stomach problems (including heartburn from reflux), inflammatory disorders, skin diseases, stress relief, and liver problems.

Mint: Found to be effective in the treatment of digestive disorders, liver disorders, gall bladder disorders, anorexia, vomiting, Poor digestion (Manda Agni), bleeding diseases, diarrhea.

Citrus Peel: The citrus peel extracts, Polymethoxylated flavones (PMFs), have been reported to have beneficial effects on cholesterol-levels. Supports normal cell-surface molecule interaction. Shown to protect healthy tissue from metastasizing cancer cells. May offer support for various cancers including breast, prostate, pancreatic and colorectal. Supports immune function.

Bamboo Shavings: Is considered cooling, calming, clears heat and resolves phlegm; used in acute fevers, convulsions, bleeding due to heat, vomiting.

Aurantium Immoratus: Relaxes and relieves anxiety. It has aphrodisiac properties and in skin care, it stimulates the growth of new cells and helps clear oily skin. used as a stimulant and as a blood cleaner. Brings peace and happiness to the mind and the body.

Pinellia: Clears Lung Heat, resolves Phlegm, descends and disperses Lung Qi and stops cough.

Ginger (fresh): Good for upset stomach and indigestion. It is very effective as a cleansing agent through the bowels, kidneys and through the skin.

Jujube: An excellent tonic for all parts of the body, especially the lungs and kidneys. aids in weight gain, antiallergenic, improves stamina and strength, mildly sedating, strengthens liver function, stimulates immune system, tonic.

Dates (Red): Invigorates the spleen and stomach and is indicated for those with poor appetite, fatigue and loose stools. It also nourishes the blood and calms the mind.

Suggested Use

Adults, take three (3) capsules once daily on an empty stomach, or as directed by healthcare professional.

KEEP OUT OF REACH OF CHILDREN

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult a doctor if any adverse reactions occur.

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Supplement Facts

Serving Size: Three (3) Vegi Capsules

Serving per container: 60

Amount Per Serving	%DV
Proprietary Blend	1200 mg †
Cortex Albiziae, Os Draconis, Concha Ostreae, Semen Ziziphi Spinosae, Radix Polygalae.	

† Daily Value Not Established

Other Ingredients: Hypromellose (derived from cellulose) Capsule, Microcrystalline cellulose (MCC) and Magnesium stearate

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