

# Anxiety Relief For Dogs, Chewable Tablets

## Calming Formula

Anxiety Relief is specifically formulated to help dogs relax and stay calm during stressful situations which as travel, grooming, vet visits and to help with separations anxiety.

**Directions:** Feed your pet Anxiety Relief with food according to label instructions. Tablets can be fed as chewable treats or crumbled up and mixed in with food. Should not be used for dogs under 14 weeks of age. May be used in conjunction with a behavior medication program. If problems persist for do not improve, consult with your veterinarian.

<b>Size of Dog</b>	<b>Serving</b>
Small Dogs up to 25 lbs	1/2 tablet
Medium Dogs 26-50 lbs	1 Tablet
Large Dogs 51-99 lbs	2 Tablets
Giant Breeds 100 lbs and over	3 Tablets

Each Tablet Contains: Chamomile 150mg, GABA 100mg, Passion Flower 100mg, L-Theanine 50mg, L-Tryptophan 33mg, Thiamine 4mg, Ginger Root 2.5mg

**Chamomile** - Chamomile is part of the Asteraceae plant family, which includes ragweed and chrysanthemum, so people with allergies may react when they use chamomile either internally or topically. Call your doctor if you experience vomiting, skin irritation, allergic reactions (chest tightness, wheezing, hives, rash, itching) after chamomile use.

**GABA**-(Gamma-Aminobutyric Acid) is the most important and abundant inhibitory neurotransmitter in the brain (it's actually an amino acid classified as a neurotransmitter). It helps relaxation and sleep. It acts as a "balancer" for the brain where excitation of the brain is balances with inhibition.

**Passion Flower**- The dried aerial parts of passion flower ( *Passiflora incarnata* ) have historically been used as a sedative and early evidence suggests that Passion flower has a long history of use for symptoms of restlessness, anxiety, and agitation.

**L-Theanine**- This amino acid actually acts antagonistically against the stimulatory effects of caffeine on the nervous system. L-Theanine has been shown to create a sense of relaxation in approximately 30-40 minutes after ingestion via at least two different mechanisms. First, this amino acid directly stimulates the production of alpha brain waves, creating a state of deep relaxation and mental alertness. Second, L-

**Theanine** is involved in the formation of the inhibitory neurotransmitter, gamma amino butyric acid (GABA). GABA influences the levels of two other neurotransmitters, dopamine and serotonin, producing the key relaxation effect, improvements and feelings of relaxation and improves cognition and mood.

**L-Tryptophan**- L-tryptophan is an Essential Amino Acid that is made from plant or animal sources and has been used in alternative medicine as an aid to treat sleep problems, anxiety, depression and has shown the ability to increase brain levels of serotonin (a calming neurotransmitter when present in moderate levels).

**Thiamine ( Mononitrate)**- Also known as vitamin B1, thiamine plays an important role in helping the body convert carbohydrates and fat into energy. It is essential for normal growth and development and helps to maintain proper functioning of the heart and the nervous and digestive systems.

**Ginger Root Powder**- Helps with digestion, expel gas from the intestines, treat nausea from upset stomach, and motion sickness. Ginger's ability to prevent vomiting has been verified by clinical trial, and it has been shown to stimulate the intestines and promote production of saliva, digestive juices, and bile. It also tends to boost the pumping action of the heart.