

**SUGGESTED DOSAGE:**

1-3 capsules 1-3 times daily. Take as needed according to the severity of symptoms or recommended by your healthcare provider.

**CAUTION:**

Do not take with pharmaceutical sedative drugs. If pregnant or nursing, consult your healthcare provider before using this, or any other product.

Store in a cool, dry place,  
do not refrigerate.

This product is manufactured in  
an FDA compliant facility.

Manufactured for:  
Pacific BioLogic Co.  
Concord, CA 94521  
(800) 869-8783  
[www.pacificbiologic.com](http://www.pacificbiologic.com)

Pacific BioLogic



# Calm & Clear

Herbal Supplement

Powerful Tools for Gentle Healing  
500 mg / 60 Vegetarian Capsules



## Supplement Facts

Serving size: 3 capsules

Servings per container: 20

| Amount per capsule 500 mg | % DV |
|---------------------------|------|
|---------------------------|------|

**Proprietary Blend**

|                                    |                    |
|------------------------------------|--------------------|
| Fo-ti stem .....                   | Ye Jiao Teng.*     |
| Gotu kola leaf .....               |                    |
| White peony root .....             | Bai Shao .....     |
| Chinese skullcap root .....        | Huang Qin .....    |
| Lemon balm leaf .....              |                    |
| Passion flower .....               |                    |
| Valerian root .....                |                    |
| Chinese salvia root .....          | Dan Shen .....     |
| Grass-leaf sweetflag rhizome ..... | Shi Chang Pu ..... |
| Polygala root .....                | Yuan Zhi .....     |
| Tangerine peel (unripe) .....      | Qing Pi .....      |
| Schizandra fruit .....             | Wu Wei Zi .....    |

\*Daily value not established

Other ingredients: capsules of plant origin  
(Cellulose)

The above information has not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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