

Composure is a neuro health, dietary supplement that delivers a calming combination of effective herbal ingredients that help to promote relaxation.

## How is Composure Unique?

- Over three decades of safe and beneficial use by AIM Members
- 400 mg of herbal extracts per serving
- 400 mg of whole herbs per serving
- 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 four herbal extracts and four whole herbs: alfalfa, marshmallow root, oatstraw, Irish moss, passionflower, shavegrass, slippery elm bark and yucca. Many of these herbs contain flavonoids that are beneficial to overall health.

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.

## Key Benefits and Features

- Helps maintain neuro health
- Increases relaxation
- Economical and convenient
- 60 vegan capsules

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.

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.

To help you in times of stress, Composure delivers a special blend of extracts and herbs that effectively work together. You may find yourself more relaxed after taking Composure, and when combined with a healthy diet, experience a sense of well-being.

The extracts are derived from whole herbs and are spray-dried in a special process that uses water, not harmful extracting agents. Both the extracts and the whole herbs are ground into a powder.

Composure contains no artificial colors, flavors or preservatives, nor are there any added sugars, salts, yeasts or fillers. The capsules and the formulation are vegan.

The following individual herbs are combined to make Composure:

### Alfalfa

Alfalfa is a source of chlorophyll, vitamins, including A, D, E and K, beta-carotene and minerals such as selenium.



Alfalfa is especially rich in minerals, as it pulls up nutrients from root depths as great as 130 feet. It is also an effective overall tonic used for rebuilding the body after serious or prolonged weakness.

### **Irish Moss**

Irish moss contains 15 essential elements required by the human body. It also contains vitamins A, D, E and K and is also high in iodine and calcium.

### **Marshmallow Root**

Marshmallow root derives its botanical name, *Althaea officinalis*, from the Greek word altho, which means "to heal." Often used as a digestive aid, marshmallow root is also known for its calming effects on the body.

### **Oatstraw**

Oatstraw contains carotene, a number of minerals and vitamins B1, B2, D and E. This herb is a natural relaxant that eases tension in the body, especially during times of stress.

### **Passionflower**

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.

### **Shavegrass (Horsetail)**

Shavegrass is a member of one of the oldest groups of plants on earth. This herb's longevity can be attributed to its ability to grow in poor soil with minimum moisture. It has been used both internally and externally since the 16th century, usually in powder form. The entire plant is used for this herbal ingredient, providing constituents that include minerals, flavonoids and phenolic acids.

### **Slippery Elm Bark**

Slippery elm bark was used by Native Americans as a skin ointment to heal burns, wounds and poison ivy rash. It also draws out impurities and boosts the adrenal glands and respiratory system.

### **Yucca**

The yucca is a cactus-like succulent common to the western United States and most of Mexico. It helps reduce inflammation and pain in joints.

## **How to use Composure**

- Take 2 capsules per day.
- Keep out of reach of children.
- Close tightly after opening and store in a cool, dry, dark place: 70-75 °F (20-24 °C). Do not refrigerate.

## **FAQs**

**These herbs are also in AIM Herbal Fiberblend®, so why don't I just take it instead?**

Composure provides herbs in extract form, which results in a more effective product for combating stress and increasing relaxation.

**Can I take Composure with Herbal Fiberblend or other AIM products?**

Yes, you can take Composure with other AIM products. Taking Composure with Herbal Fiberblend will enhance the herbal benefits of Composure.

**Will this product make me sleepy?**

Some people do experience this effect while others do not.

**Do I need to take Composure every day?**

Yes, the daily intake of Composure will ensure consistent results and benefits.

**Is it better to take Composure during the day or should I take it only at night?**

Take Composure when you feel it is needed. Some people take it during the day to help with stressful situations, and others take it in the evening to help them relax.

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