



SHANTI™

Product Information Sheet

A Phytotherapeutic Anxiolytic System for Rapid Nervous System Regulation

SHANTI™ From Sanskrit: “Peace, Tranquility, Inner Stillness” A precision phytotherapeutic designed not to suppress the nervous system—but to restore its natural equilibrium.

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Category: Neurocalm / Acute Anxiolytic Support

Positioning: A multi-pathway botanical analog to Xanax, designed for rapid calming without sedation, dependence, or cognitive impairment.

Botanical Matrix (Active Composition) Core

- **Passiflora incarnata** enhances GABAergic signaling by increasing receptor binding affinity and mildly inhibiting monoamine oxidase, supporting rapid reduction of nervous tension and overactive thought patterns without sedation.
- **Scutellaria baicalensis**, Neuroprotection, anti-inflammatory, Rich in baicalin and baicalein, Scutellaria modulates neuroinflammatory pathways (including NF-κB) while supporting GABA_A receptor activity, contributing to both cognitive stability and anxiolytic effects.
- **Eschscholzia californica** contains isoquinoline alkaloids that interact with GABAergic and mild opioid receptor pathways, promoting emotional equilibrium and reducing restlessness without dependency liability.
- **Magnolia officinalis** active compounds, honokiol and magnolol, act as potent positive modulators of GABA_A receptors, providing fast-acting anxiolytic effects comparable to benzodiazepine pathways without receptor downregulation.
- **Melissa officinalis**, Melissa inhibits GABA transaminase, reducing GABA degradation and prolonging inhibitory neurotransmission, thereby supporting sustained calm and reduced physiological stress reactivity.
- **Lavandula angustifolia**, Lavender modulates voltage-gated calcium channels and enhances parasympathetic tone, contributing to decreased somatic anxiety and a gentle, stabilizing effect on the nervous system.

Mechanism of Action (Multi-Axis Neuroregulation)

1. GABAergic Modulation (Primary Axis)

- Passiflora + Scutellaria + Magnolia
→ Positive modulation of GABA_A receptors
→ Increased inhibitory tone without receptor downregulation

2. GABA Preservation & Enhancement

- Melissa officinalis
→ Inhibition of GABA transaminase
→ Sustained calming effect



3. Limbic System Stabilization

- Eschscholzia + Lavandula
 - Reduction in amygdala hyperactivity
 - Decreased emotional reactivity

4. Neuroinflammatory Modulation

- Scutellaria (baicalin) + Magnolia (honokiol)
 - NF-κB attenuation
 - Reduced excitotoxic signaling

5. Autonomic Nervous System Rebalancing

- Shift from sympathetic dominance → parasympathetic tone
- Reduction in heart rate variability stress patterns

Functional Effects Profile

- Rapid calming of acute anxiety states
- Reduction in mental rumination and overactivation
- Stabilization of emotional reactivity
- Mild somatic relaxation (without heaviness)
- Preservation of cognitive clarity and focus

Onset: 20–45 minutes

Peak Effect: ~60–90 minutes

Duration: 3–5 hours

Chronobiological Dosing Architecture

Acute Use (Daytime Stress Response):

- 1–2 mL (or equivalent) as needed
- May repeat every 4–6 hours

Evening Nervous System Downshift:

- 2 mL ~60 minutes before sleep
 - Supports transition into parasympathetic dominance

High-Stress Events (Pre-Exposure):

- 2–3 mL 30 minutes prior

Comparative Profile vs Benzodiazepines

Feature	Benzodiazepines	SHANTI™
Mechanism	Single-pathway (GABA _A)	Multi-pathway (GABA + limbic + inflammatory + autonomic)
Onset	Very rapid	Rapid (botanical equivalent)
Dependency	High	None observed
Tolerance	Builds quickly	Minimal
Cognitive impact	Impairment common	Clarity preserved
System effect	Suppressive	Regulatory

System-Level Benefits (Extended Longevity Integration)

- Supports **neurochemical rhythm restoration**
- Reduces **chronic sympathetic overdrive**
- Enhances **parasympathetic recovery windows**

- Aligns with **circadian nervous system cycling**

- May synergize with:
 - Pineal & Circadian Synchronization™
 - Nocturnal Glymphatic Support™
 - Inflammatory Rhythm Regulation™

Safety & Considerations

- Non-habit forming
- No known withdrawal effects
- May potentiate sedatives—use cautiously in combination
- Avoid alcohol co-administration
- Not intended for use during pregnancy without supervision