

Silexan for Generalized Anxiety Disorder	
Product	Nature's Way CalmAid (\$24/month for 160 mg dose)
Dosing	Start 80 mg qhs, increase to 160 mg qhs after 1 week if needed; most patients require 160 mg qhs, but milder cases may recover fully with 80 mg
Side effects	Lavender-flavored burping, sedation
Half life	9 hours
Drug interactions	None known, but more study is needed
Relative contraindications	Avoid in children under age 18 (gynecomastia risk)

From the Article:
"Silexan: A Novel Anxiolytic"
 by **Chris Aiken, MD**

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