

# HälsaCalm



**HälsaKare**  
Your wellbeing is important



Recommended daily dose: 1 capsule.

Food supplements should not be used as a substitute of a varied and balanced diet and a healthy way of life.

Do not exceed the recommended daily dose.

Consult with your health practitioner before taking this or any other food supplement

Keep out of the reach of children

Store in a cool and dry place

## INGREDIENTS:

L-tryptophan, hydroxypropylmethylcellulose (covering empty capsule), Inositol, Griffonia Dry extract (Griffonia simplicifolia (DC.) Baill., Seeds), Ashwagandha dry extract (Withania somnifera (L.) Dunal, root), L- Methionine, Magnesium glycerophosphate, Magnesium carbonate, Vitamin B3 (Nicotinamide), anti-caking agents (Magnesium stearate and Silicium dioxide), Vitamin B6 (pyridoxine hydrochloride), Folic acid (pteroylmonoglutamic acid), Chromium chloride (III), Vitamin B12 (cyanocobalamin).

L-tryptophan is an amino acid and is important for many organs in the body's functions and development. After absorbing L-tryptophan from food, our bodies convert it to 5-HTP (5-hydroxytryptophan) and then to serotonin, melatonin and vitamin B6 (nicotinamide). Serotonin is a hormone that transmits signals between nerve cells. It also causes contractions of the blood vessels. Changes in serotonin levels in the brain can cause changes in mood. Melatonin is important for sleep and vitamin B6 is important for energy metabolism.

Folic acid is water-soluble. The excess amount leaves the body through the urine. This means that the body does not store folic acid. Folic acid is necessary in the formation of nucleic acids (DNA, RNA), the carrier of genetic information to cells. When a woman is pregnant, it is important to get the necessary amounts of folic acid, as too small amounts can cause congenital anomalies.

Vitamin B12, is needed, among other things, for the metabolism of cells and for the formation of blood cells. It is also necessary for the functioning of the nervous system and is known as energy vitamin, is crucial for the body to perform several vital functions, including: energy production, the development of blood cells, DNA synthesis and myelin formation. Increases energy and reduces tiredness and fatigue. It favours digestion, assimilation of iron and carbohydrates consumed with food and proper metabolism of fats.

Magnesium is needed, among other things, to produce protein, for the conversion of calcium as well as for normal nerve and muscle function. Chromium chloride is an important trace element whose main function in the body is the metabolism of carbohydrates, proteins and lipids.

The properties of Griffonia are mainly due to the high dose of 5HTP present in the seed. In the body, 5-HTP is a precursor of serotonin. Serotonin is a neurotransmitter, that is a chemical mediator that can transmit information between neurons and is found mainly in the brain and gastrointestinal mucosa.

Ashwagandha is a herb from India that has been used for 4000 years against stress and has been used also because they believe that ashwagandha cleanses the mind and promote mental relaxation. In India, it is considered a vital highlight, aimed primarily at older people, to stop the loss of the person's spirit, vitality and to support asthenia.