

CALM

Tranquility, Focus, and Cognitive Vitality*



Calm serves as a catalyst for relaxation, cognitive amplification, and holistic well-being. Its formulation encompasses an unparalleled blend of three ingredients: **L-TeaActive®**, **BaCognize®**, and **DHH-B** (Dihydrohonokiol), each boasting distinctive properties that harmoniously coalesce to foster relaxation, heighten cognitive prowess, and aid neurotransmitter modulation, neuroprotection, and stress response regulation. Within the confines of each meticulously curated ingredient lies a key to unlock untapped potential and bask in the zenith of tranquility; a testament to the human mind.



DEMOGRAPHIC & CLINICAL APPLICATIONS

MEN & WOMEN	PATIENTS REQUIRING
 	<ul style="list-style-type: none"> • Mood Support • Stress Management • Cognitive Performance Support • Sleep Support • Neurological & Attention Support



BENEFITS



Promotes Relaxation & Stress Reduction



Supports Cognitive Performance



Supports Neuroprotection



Aids Improved Mood & Mood Stabilization

DIRECTIONS:

Take 1 capsule as needed or as directed by your healthcare practitioner.

SHOULD NOT BE TAKEN WITH ALCOHOL

SUPPLEMENT FACTS

Serving Size: 1 Capsule | Servings Per Container: 30

	Amount Per Serving	%DV
DHH-B (<i>Dihydrohonokiol-B</i>) (derived from magnolia bark)	7.5 mg	*
L-TeaActive® (L-Theanine)	200 mg	*
Bacognize® (<i>Bacopa monnieri</i>) extract (whole herb)	300 mg	*

* Daily Value Not Established

Other Ingredients: Rice Powder, NuMag, NuFlow, Vegetable Capsule (Hypromellose)

L-TeaActive®
trademark of Blue California

BACOGNIZE®
Bacognize® is a registered trademark of Verdure Sciences, Inc.



INGREDIENTS

L-TeaActive®

L-TeaActive®, extracted from the leaves of *Camellia sinensis*, stands as a testament to the potential of L-theanine, a non-protein amino acid revered for its many profound abilities. By instigating the production of alpha brain waves, L-TeaActive® manifests a serene mental state and unwavering focus. Additionally, this remarkable supplement also refines mental alertness and attention span, rendering it invaluable for those seeking to optimize their cognitive capabilities. Finally, and perhaps most notably, the influence exerted by L-TeaActive® on neurotransmitter activity contributes to a positive mood and an overarching sense of well-being. This direct support for inhibitory neurotransmitters facilitates the attainment of restorative sleep, engendering mornings marked by vigor and vitality.^{1,2}



BaCognize®, derived from the venerable *Bacopa monnieri*, heralds a new era of cognitive empowerment. This botanical extract unfurls an assortment of cognitive-enhancing attributes, including memory augmentation, mental acuity, attentiveness, and stress mitigation. By modulating neurotransmitters, such as acetylcholine, serotonin, and dopamine that are pivotal to memory, attention, mood regulation, and overall cognitive function, BaCognize® unfurls a tapestry of cognitive revitalization.³ Its antioxidant activity safeguards neuronal cells from the ravages of oxidative stress. Moreover, BaCognize® nurtures neuronal resilience, emboldening the endurance of these vital brain cells. Facilitating synaptic plasticity, BaCognize® fosters efficient neural communication, endowing individuals with the dexterity to navigate the intricacies of thought. Furthermore, its proclivity to promote neurogenesis in regions intertwined with memory and learning bears testament to its multifaceted cognitive support. Notably, BaCognize® tempers the deleterious impact of stress on cognitive function by modulating the stress response system, thus fostering a haven of tranquility.⁴

DHH-B

Dihydrohonokiol (DHHB), derived from the revered *Magnolia officinalis*, embarks on a noble endeavor to embrace tranquility. Its sublime properties offer a vista of relaxation, cognitive support, and cellular harmony. By assuaging the stressors of life, DHH-B ushers individuals into a realm of serenity and tranquility, lifting the burdens of their minds. Additionally, DHH-B extends its benevolent touch to cognitive realms, supporting optimal brain function and fortifying cognitive prowess. As a vigilant free radical scavenger, it stands as a stalwart guardian, protecting cells from the perils of oxidative damage and nurturing cellular well-being.

By enhancing GABAergic activity and deftly engaging GABA receptors in the brain, Dihydrohonokiol orchestrates calmness and tranquility.⁵ Moreover, Dihydrohonokiol exhibits neuroprotective effects, safeguarding neurons from oxidative stress in the brain's most delicate tissues.^{6,7}



REFERENCES

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