

Deep Calm Essentials

Mood Enhancer

Helps to temporarily promote relaxation and support the immune system. Helps to maintain the body's ability to metabolize nutrients.

What is Deep Calm Essentials?

NutriChem Deep Calm is a sophisticated mood enhancement formula made up of herbs, amino acids, vitamins and minerals that promote a state of calm and relaxation.

Why take Deep Calm Essentials?

When the body can achieve a state of calm and relaxation, it comes into balance. This is the body's optimal state and serves as an ideal condition for healing, restoration and repair. Ashwagandha is a powerhouse adaptogenic herb that has been shown to effectively lower cortisol. When cortisol is high, it throws our hormones out of balance because the body uses progesterone and testosterone to make cortisol in times of stress. When cortisol is lowered, our immunity is more robust and our hormones have an opportunity to come back into balance. Passionflower, L-theanine and valerian all have deeply calming effects, while vitamin B6 fuels the nervous system, which effectively reduces stress. Because high stress can also impact immune function, zinc and vitamin D have been added for their immune enhancing properties. Stress can also stress out the heart, which is why magnesium has been added, due to its ability to relax the muscles of the cardiovascular system. Evidence shows that this specific combination of ingredients also promotes healthy rest.

Who benefits from taking Deep Calm Essentials?

Anyone experiencing high stress, low immune function and those who suffer from restlessness and nervousness would highly benefit from this combination product. As certain ingredients can make people feel drowsy, we recommend 4 capsules, 30-60 minutes before bedtime with food, a few hours before or after taking other medications or natural health products.

Free of Common Allergens

NutriChem's Deep Calm Essentials is non-GMO. It's also free of gluten, dairy, soy, yeast, crustaceans, nuts, artificial colours and flavours, making it a safe choice for those with sensitivities to these substances and for those without the capacity to digest and assimilate them.

NPN#80112252



Gluten Free

Medicinal ingredients per 4 capsules:

Ashwagandha	350mg
G-aminobutyric acid	500mg
Passionflower	100mg
L-theanine	200mg
Magnesium (glycinate)	300mg
Vitamin B6	25mg
Zinc	40mg
Valerian	100mg
Vitamin D3	2000iu

Non-medicinal ingredients:

Hypromellose, purified water.

Free of gluten, dairy, soy, yeast, crustaceans, nuts, artificial colours and flavours. Non-GMO.

Directions: Take 4 capsules nightly, 30-60 minutes before bedtime, with food, a few hours before or after taking other medications/natural health products. For use beyond 4 weeks, consult a health care practitioner.

Warnings: Adult use only. For therapeutic use only. Please see cautions on label.

Recommended storage conditions:

For freshness, store in a cool, dry place.

Keep out of reach of children. Do not use if seal around cap is broken or missing.

Key Applications

Relaxation
Metabolism
Immunity

Complementary Supplements

Mega Mag

Selected References

Winston and Maimes 2007; Bone 2003; Williamson 2002. Used in Herbal Medicine as an adaptogen.

Godfrey and Saunders 2010; Wichtl 2004; Blumenthal et al. 2000; Felner and Lloyd 1983. Traditionally used in Herbal Medicine to help relieve restlessness and/or nervousness (calmative).