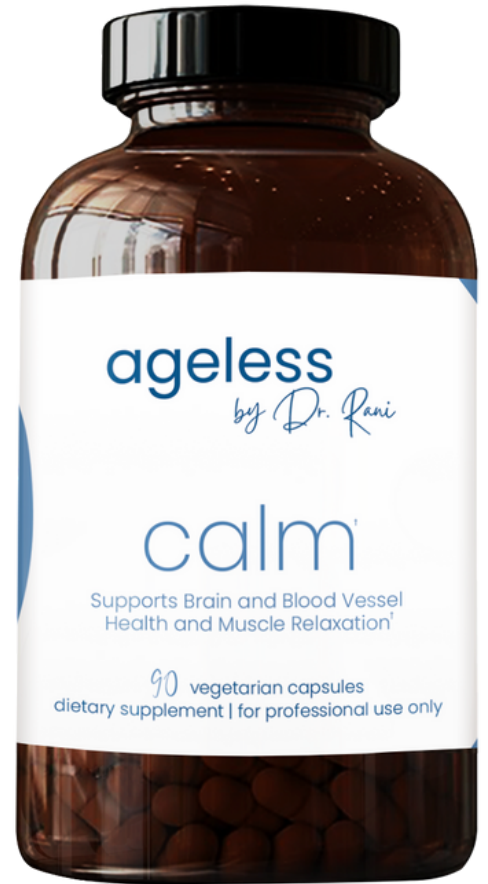


# calm

Calm contains a unique blend of botanicals and micronutrients that possess potent antioxidant properties and help support a healthy inflammatory response. Magnesium and riboflavin are included to promote muscle relaxation and brain health. The combined effects of these ingredients may be beneficial for the relief of occasional simple nervous tension. This product may be used safely long term.\*

## Highlights of Calm

- **Feverfew:** This plant, related to daisies, is native to the Balkans and was used in Ancient Greece for cooling the natural inflammatory states in the body. Its active constituents support a healthy inflammatory response and are particularly useful during nervous irritability, to promote a calm and relaxing state. Feverfew has also been studied extensively for its ability to support muscle relaxation throughout the body, including the delicate walls of blood vessels.
- **Rosemary Extract:** This natural herbal extract demonstrates powerful antioxidant properties, which support the body's natural defenses against oxidative damage. Some studies show rosemary extract to be an even more potent antioxidant than vitamin C, perhaps the most well-known free radical scavenger. Rosemary also possesses properties that support a normal inflammation response. Its active compound, carnosic acid, is especially protective of the brain and neurological system, and supports mental health and wellness.
- **Curcumin:** This compound is responsible for the bold yellow color of turmeric, a root commonly used in its dried and powdered form in Indian cooking. Curcumin consists of several slightly differing compounds, called "curcuminoids," the combined effects of which are attributed to curcumin as a whole. The curcumin in this product consists of the three strongest, most protective and best-researched curcuminoids: curcumin, bisdemethoxy curcumin, and demethoxy curcumin. These curcuminoids are highly touted for their ability to support a healthy inflammatory response in the body and are known to be powerful antioxidants.
- **Magnesium:** A 150-pound adult body contains approximately 20-30 grams of magnesium, 30% of which is stored in the liver, heart, and muscles. One of the body's most abundant minerals, magnesium is a natural muscle relaxer and therefore may help with occasional tension and stiffness, and may offer a relaxing effect for both body and mind. Another mechanism behind magnesium's effects is healthy vasodilation—relaxation and expansion of blood vessels, which may ease blood flow.
- **Riboflavin (Vitamin B2):** This nutrient is required for the enzyme that helps recycle glutathione, the body's "master antioxidant." Overt riboflavin deficiency is rare, but suboptimal levels may lead to, among other things, sensitivity to light, which can be a trigger for occasional nervous tension.



### Recommended Use:

As a dietary supplement, take three capsules per day, or as directed by your health care practitioner.

### Calm may help to support\*:

- A healthy inflammatory response
- Brain health
- Muscle relaxation
- Blood vessel dilation
- Antioxidant function

ageless  
by Dr. Rani

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Consult with your health-care practitioner about your specific circumstances and any questions you may have.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.