



True Protocols™

NEURO CALM

Cognitive Support

- Specifically designed to support cognitive function and memory enhancement.
- Helps to create a relaxed mental state and regulate mood.
- For optimal results, take in combination with Vital Mind and Magnesium Balance.

What are the Benefits of Supplementing with Neuro Calm?

The Neuro Calm formula was designed to be taken during the day to promote a calm, relaxed mental state. It provides balanced energy and a noticeable increase in relaxation, without creating drowsiness so it can be taken any time of day. The combination of L-Theanine and GABA has been demonstrated to increase the generation of alpha brain waves (an awake, but meditative state), improve sleep latency and duration, as well as significantly improve the duration of REM and NREM sleep.

Neuro Calm helps support improvement in visual processing, learning rate, memory formation, information retention and mental performance. Although general and requiring a long time to take effect (4-6 weeks), bacopa appears to reliably and effectively improve memory in both healthy persons and during cognitive decline.

In addition, this formulation could be helpful with anxiety and depression, providing fast-acting, temporary relief from feelings of tension, stress and anxiety. Helps to boost energy levels and fight fatigue and stress.

What Makes Neuro Calm Different?

While some of the ingredients in this formula are commonly used in sleep enhancing formulas, those ingredients have been dosed lower here so that their effects are not overpowering. This allows for lower doses to be used (1, maybe 2 capsules) to alleviate anxiety and stress, while higher doses (2-4 caps) could be used to promote sleep onset. The effects on drowsiness will not be consistent across the board; some people may report drowsiness on a low dose, while others may not report it at any dose and may only experience its calming effects.

Neuro Calm, in combination with Vital Mind (as part of the Brain Protocol), work together to provide a balanced and complete approach to brain health and function. Neuro Calm provides support for the calming neurotransmitters (Glycine, GABA), while Vital Mind provides the building blocks for all of our major wakefulness transmitters (Dopamine, serotonin, and acetylcholine).



NPN: 80105430
90 Vegi-Caps
Serving Size: 1 Capsule

Ingredients:

- | | |
|--------------|-------|
| • L-Theanine | 75mg |
| • GABA | 75mg |
| • Glycine | 250mg |
| • Bacopa | 100mg |
| • Vitamin B6 | 2.5mg |

Suggested Use:

Take 1-3 capsules daily (preferably in the afternoon/evening), with or without food. For use beyond 4 weeks, consult a health care practitioner.

Main Applications:

- Mood Balance
- Cognitive Function
- Sleep



What Do Each Of The Ingredients Do?

Glycine

Glycine is considered a non-essential amino acid and is one of the primary inhibitory neurotransmitters in the brain. It acts on glycine receptors and is also a co-agonist at NMDA receptors. Glycine is an essential building block for many important endogenous molecules such as glutathione, creatine, bile salts, and purines (a component of genetic material).

Vitamin B6

Vitamin B6, also known as pyridoxal-5-phosphate is a water soluble vitamin important to many enzymatic processes, including but not limited to metabolism of homocysteine, and the production of serotonin from 5-HTP, dopamine from tyrosine, and GABA from glutamate. B6 supplementation has been shown to be useful in treating a number of conditions in which affected individuals have a higher incidence of B6 deficiency.

L-Theanine

L-theanine (LT), an amino acid found in green tea, is commonly used for its calming and relaxing properties. Because of these effects it is commonly used to reduce nervous tension and anxiety. The structure of LT is similar to the excitatory neurotransmitter glutamate, and as such it weakly binds the same receptors as glutamate, inhibiting the binding of glutamate and its subsequent excitatory effects in the central nervous system.

GABA

Gamma-aminobutyric acid (GABA) is an inhibitory neurotransmitter that acts on neurons in the central nervous system. This molecule is produced endogenously from glutamate, and interestingly acts antagonistically to glutamate (which is the CNS' main excitatory neurotransmitter). GABA levels in the brain are directly correlated with an individual's level of anxiety; higher levels of GABA correlate with lower levels of anxiety and brain waves indicative of a calm, meditative, or pre-sleep state. While it remains to be determined if GABA can pass the blood brain barrier (the research is not clear and scientists can't decide), it has been considered that orally administered GABA may exert its beneficial effects by acting on the peripheral nervous system through the gut-brain axis. GABA receptors in the CNS are common target sites for many drug classes (such as barbiturates and benzodiazepines) commonly prescribed for anxiety and other neurologic disorders.

Bacopa Monnieri

Bacopa monnieri (Bacopa) is a perennial herb commonly found in Australia and India and has long been used in Ayurvedic medicine. It has been gaining popularity in the western world for its cognitive enhancing effects as of late and has extensive research illustrating these benefits.

The real therapeutic potential of the Neuro Calm formula is experienced when taken in combination with Vital Mind and Magnesium Balance as together they provide a balanced and complete approach to brain health and function. Together they provide support for all the neurotransmitters, helping us to function at our best.