

A formulary blend of nutrients to support calming brain activity

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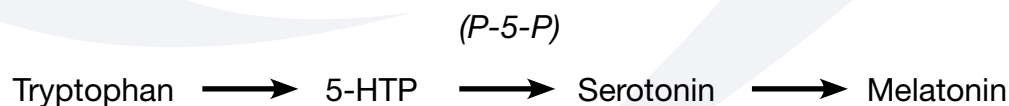
NeuroCalm™ is a formulary blend of nutrients, botanicals, neurotransmitters and neurotransmitter precursors designed to support calming brain activity and a reduction of stress-related hypervigilance (an increased state of sensory sensitivity or watchfulness where a person is constantly tense or on guard). NeuroCalm™ promotes GABAergic and serotonergic activity to improve mood, reduce cravings and support greater feelings of calm, satiety, and satisfaction.

Direct stimulation of Gamma-aminobutyric acid (GABA), the main calming neurotransmitter in the body, is provided with *PharmaGABA™*, a proprietary form of GABA naturally manufactured via a fermentation process and considered more effective than other traditional, chemically produced synthetic forms. In addition, support of calming neurotransmitter production is provided with the inclusion of L-theanine and taurine, clinically proven to reduce stress and improve the quality of sleep.

It has been suggested that the German chamomile (*Matricaria recutita*) constituent apigenin binds to central benzodiazepene receptors, causing anxiolytic effects (anxiety reducing) without impairing memory, diminished motor skills or drowsiness. It is reported to promote calmness via the inhibitory action of GABA, similar to benzodiazepines, but without the overt side-effects of these medications.

5-HTP can be used as a precursor to serotonin, which can support endogenous serotonin and melatonin production. Serotonin is a very important calming neurotransmitter known as "the feel-good hormone." In the central nervous system (CNS), serotonin has been implicated in the regulation of sleep, depression, anxiety, aggression, appetite, temperature, sexual behavior, and pain sensation.

When using 5-HTP for enhancing serotonin and melatonin production to promote calmness, healthy mood and sleep, reduction in pain perception and lessening of IBS symptoms, the addition of the synergistic nutrients pyridoxal-5-phosphate (an activated form of vitamin B6) and vitamin B12 (as methylcobalamin) is suggested to catalyze the conversion of 5-HTP to serotonin (5-HT) and to support proper methylation required for neurotransmitter production.



Phosphatidylserine (PS) is a nutrient essential for optimal brain function. Because PS is crucial for the overall health of brain cells, research on PS has shown that it benefits a wide range of brain activities. Phosphatidylserine and inositol are included in NeuroCalm™ for supporting proper neuron membrane structure for maximum membrane fluidity, receptor function, and response to neurotransmitters, hormones, and cell-signaling compounds.

NeuroCalm™ also includes magnesium (as di-magnesium malate), which is involved in proper nerve transmission, muscular contraction/relaxation and general relaxation responses.

Who May Benefit From NeuroCalm™?

NeuroCalm™ should be considered for patients with:

- Increased levels of stress and anxiety
- Individuals who are easily agitated and frustrated
- Those with documented deficiencies in the neurotransmitters supported by NeuroCalm™
- Anyone with chronic global pain conditions

Supplement Facts

Serving Size 2 capsules

Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin B-6 (as Pyridoxal-5-Phosphate)	2.5 mg	125%
Vitamin B-12 (as Methylcobalamin)	1000 mcg	16667%
Magnesium (as Di-Magnesium Malate)	75 mg	19%
Inositol	400 mg	*
Taurine	300 mg	*
German Chamomile (<i>Matricaria recutita</i>)(flower) [standardized to contain 1.2% apigenin]	200 mg	*
<i>gamma</i> -Aminobutyric acid (as PharmaGABA™)	100 mg	*
L-Theanine	100 mg	*
5-HTP (5-Hydroxytryptophan)	50 mg	*
Phosphatidylserine (as Sharp-PS® Green from sunflower lecithin)	50 mg	*

*Daily Value not established.

Other Ingredients: Cellulose (capsule), silicon dioxide, vegetable stearate.



Recommended Use:

- As a dietary supplement, take two capsules per day, or as directed by a health care practitioner.
- Note that 5-HTP may not be suitable to administer along with SSRI and MAOI medications without clinical and laboratory monitoring.

References

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