



designs for health®

## NEUROCALM™

A FORMULARY BLEND OF NUTRIENTS TO SUPPORT CALMING BRAIN ACTIVITY

60 VEGETARIAN CAPSULES | NPN80051037 | NEUCLM-CN



**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).

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 shown to reduce stress and improve the quality of sleep.

5-HTP is 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, mood, stress, 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.

**(P-5-P)**



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 occasional anxiety
- Individuals who are easily agitated and frustrated

**Medicinal Ingredients (per capsule):**

Inositol.....	200 mg
Taurine.....	150 mg
Chamomile ( <i>Matricaria chamomilla</i> -Flower) (1.2% Apigenin).....	100 mg
GABA (gamma-Aminobutyric-Acid) .....	50 mg
L-Theanine .....	50 mg
Magnesium (Dimagnesium malate) .....	37.5 mg
L-5-HTP ( <i>Griffonia simplicifolia</i> -Seed).....	25 mg
Phosphatidylserine ( <i>Helianthus annuus</i> -Seed).....	25 mg
Vitamin B6 (Pyridoxal 5-phosphate).....	1.25 mg
Vitamin B12 (Methylcobalamin).....	500 mcg

**Non-Medicinal Ingredients:** Hypromellose, silicon dioxide, magnesium stearate (vegetable source).

**Recommended Dose:** Adults: Take 2 capsules per day, or as directed by your health care practitioner. Take with food a few hours before or after other medications. Consult a health care practitioner for use beyond 12 weeks. Note that 5-HTP may not be suitable to administer along with SSRI and MAOI medications without clinical and laboratory monitoring.

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# NeuroCalm™

*Natural support to promote relaxation and mental calm*

NeuroCalm™ is a potent blend of nutrients, neurotransmitters, and botanical extracts designed to promote relaxation and mental calm. It is ideal for individuals who, on occasion, face the following: difficulty handling psychological stress, an increased state of sensory sensitivity or watchfulness, or a feeling of being “on guard.” The ingredients in this product may assist with a healthy mood, and support greater feelings of tranquility, satiety, and satisfaction.

This product may be beneficial for individuals who experience occasional anxiety or are easily frustrated or agitated. It may also be helpful for those who sometimes turn to food when feeling emotionally or psychologically overwhelmed.

## Highlights

- **Gamma-amino butyric acid (GABA)** – GABA is the premiere calming neurotransmitter; it helps support a healthy response to emotional stress and may help calm anxious thoughts and intermittent overstimulation and excitation in the brain.
- **L-Theanine, Taurine, Chamomile** – Amino acids and flower extracts that may aid in bringing calm and relaxation. Chamomile has been shown to promote calmness without impairing memory or causing drowsiness.
- **\*5-HTP, Vitamins B6 & B12** – 5-HTP is a precursor to serotonin, commonly called a “feel good” neurotransmitter due to its role in promoting a positive mental outlook and a sense of wellbeing. Serotonin, in turn, is the precursor to melatonin, a hormone involved in regulating healthy circadian rhythm (the body’s 24 hour clock) and supporting restful sleep. Vitamins B6 and B12 are included as required cofactors for the biochemical reactions that convert 5-HTP to serotonin and produce other accessory neurotransmitters.
- **Phosphatidylserine (PS)** – An essential nutrient for brain health, PS helps to reduce the adverse effects of elevated cortisol, the “fight or flight” stress hormone. It also contributes to proper neuron membrane structure, which facilitates effective cell signaling and response to neurotransmitters and hormones.
- **Magnesium, Inositol** – These are natural calming agents that may help promote a state of relaxation. The mineral magnesium, one of the body’s most important minerals, is a natural muscle relaxer, which may benefit individuals who face periods of being physically tense from time to time.

**Recommended Dose:** Take two capsules per day, or as directed by a health care practitioner.

\* Note that 5-HTP may not be suitable to take along with SSRI and MAOI medications without clinical and laboratory monitoring from your health care practitioner.



TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (877) 414-9388, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.CA](http://WWW.DESIGNSFORHEALTH.CA)