



▼ **INGREDIENTS**

Supplement Facts	
Serving Size: 4 capsules	
Amount Per Serving	% Daily Value
Vit B6 (Pyridoxine-5-phosphate).....	4 mg 200
Vit B1 (Subulbutamine).....	25 mg 1667
Nutritional Mood Support.....	775 mg
S-Adenosyl Methionine Tosylate (SAMe); DHEA; GABA; L-Taurine; Tryptophan; Beta-Alanyl-Histidine	
Herbalomics Mood Support.....	1200 mg
Camellia sinensis (L-Theanine); Griffonia simplicifolia (5-HTP); Mucuna pruriens (L-DOPA); Scelletium tortuosum (Zembrin™); Melissa officinalis; Rhodiola rosea (Rosavin, Salidroside); Ziziphus spinosa; Withania somnifera; Hypericum perforatum; Cordyceps militaris; Ocimum sanctum	
* Daily Value is not established.	

Other Ingredients: Cellulose, Leucine and Vegetable Stearates

▼ **DOSAGE**

- 4 capsules up to twice a day, or as directed.

▼ **PACKAGING**

- Capsules: 60 capsules/eco-bottle.

▼ **PERSPECTIVE**

Neurotransmitters are the chemical messengers of the nervous system, made by neurons (nerve cells). Excitatory neurotransmitters increase the likelihood that a neuron's signals are released. Inhibitory neurotransmitters decrease the likelihood that a neuron's signals are released. A balanced nervous system is required to maintain optimal health. Maintaining balanced calming neurotransmitters support the body's innate sleep and relaxation processes; and helps facilitate the body's regulation of the impact of everyday tension and stress.

▼ **LIFESTYLE**



#406 CALM (Stress Relief & Mood Support)

The next generation in nutritional neurotransmitter support for calm/balanced nerve function. Supports a positive mood by providing nutrients that promote healthy methylation, 5-HT and PDE4 processes. It provides nutrients needed for the synthesis of neurotransmitters such as serotonin and dopamine. Calm provides additional nutrients that help the body modulate the balance between glutamate and GABA, which plays an important role in calming the nerves and restoring balance in temporary mood swings.

▼ **INDICATIONS**

- Healthy, normal serotonin neurotransmitter activity
- Ideal for those who are "occasionally stressed"
- Support overall emotional wellbeing
- Supports innate sleep processes
- Support normal positive mood pathways

▼ **KEY COMPONENTS**

- **Camellia sinensis** – Provides Herbalomic™, epigenetic and antioxidant attributes of green tea.
- **SAMe** – S-Adenosyl Methionine. Applies molecular nutrients for mood normality. Part of the methylation pathway. A molecule necessary for the body's natural melatonin production for the sleep neuro-pathways.
- **Griffonia simplicifolia** – An herb bearing Nature's 5-HTP. Offers healthy metabolic support for normal mood, immune, vascular, sleep, and appetite functions.
- **DHEA** – Dehydroepiandrosterone – The building block of estrogen and testosterone synthesized in the adrenals, gonads, and brain. An antioxidant known to help promote health adrenal function. Supports innate stress recovery processes and mood maintenance associated with healthy serotonin balance.
- **Mucuna pruriens (L-Dopa)** – An East Indian adaptogenic herb, Cowhage, contains Nature's L-dopa molecule, the precursor to the neurotransmitter, dopamine, which helps release human growth hormone, a key factor in longevity.
- **GABA** – Gamma-aminobutyric acid. An inhibitory neurotransmitter known to help the body balance the excitatory brain processes. Helps the body maintain a balanced mood.
- **Scelletium tortuosum (Zembrin™)** – Preliminary clinical studies show dual 5-HT re-uptake and PDE4 inhibitory activity. Provides a unique profile of nutrients, nucleotides, and peptides for cellular and synaptic nutrition.
- **L-Taurine** – An amino acid that is required for the body's innate production of the neurotransmitter, GABA. Used by the body for normal beta oxidative processes which involves burning fat for energy. Necessary for muscle recovery and overall cardiovascular health. Supports normal brain function, learning, and retention.
- **Melissa officinalis** – Lemon balm. Supports normal brain processes for overall mental health. Antioxidant.
- **Tryptophan** – An essential amino acid and precursor to the neurotransmitter, serotonin. Serotonin helps the body maintain a positive feeling and good mood.
- **Rhodiola rosea** – Adrenal tonic. Supports a healthy response to daily environmental stresses and healthy immune system function. Supports a balanced mood.

- **Beta-Alanyl-Histidine** – Carnosine, a dipeptide of amino acids beta-alanine and histidine, is highly concentrated in the brain. A neuroprotectant, supports healthy brain aging and neuro-hormone function.
- **Hypericum perforatum** – St. John's Wort is long known to help support a positive mood and healthy neurological function. The rigorous German Commission E studies cite its ability to help optimize serotonin uptake processes, thus facilitating a balanced mood. Helps molecularly with normal, balanced neurotransmitter processes.
- **Cordyceps militaris** – An ascocarp created by the Ascomycota fungus, famous for being an adaptogen, immune system supporter, energizer, and provider of building blocks of RNA and DNA. Antioxidant and supports brain oxygenation.
- **Ocimum sanctum** – Holy Basil containing Ocimumoside A and B. Novel research demonstrates central monoamine activity and antioxidant properties at the neuronal level.

▼ **CONTRAINDICATIONS**

- **MAOI Rx.** Consider if your patient is on psychotropic or MAOI (Monoamine oxidase inhibitor) drugs, in which case there may be a contraindication as this formula contains Sam-e and Scelletium tortuosum which may increase Serotonin – the same action of the MAOI drug. Consult with prescribing physician before using. Also, be aware of meds such as Tricyclics, Tetracyclics, SARIs, SSRIs, SNRIs, NDRIs, opiates which also impact the same system.

▼ **CLINICIAN CONSENSUS**

- **Nutrition Support for Gut/Brain, Brain/Gut Bi-Directional Stress Relief Processes.**

#406 CALM #854 Neurosyn #75 N3
#467 LGUT #880/882 Vista One & Two

▼ **BACKGROUND**

In the 1950s, Doc Wheelwright and John Christopher studied with a Native American eclectic healer—Dr. Sundance. They concocted a mind and body relaxing formula (Catnip, Chamomile, Boldo) that did not cause drowsiness. In 1984, Doc reformulated to include Brazilian herbs. Now in 2015, Doc's grandson, Dr. Shayne Morris applies cutting edge research to further advance the formula for even more effective impact.

▼ **SYNERGISTIC CONSIDERATIONS**

- #75 N3
- #870/872 Spectra One & Two
- #128 CVO
- #810 eNRG
- #31 Ga
- #467 LGUT
- #854 Neurosyn
- #880/882 Vista One & Two
- #875 Synulin
- #433 GCEL
- #850 MoRS

▼ **INFORMATION RESOURCES**

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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