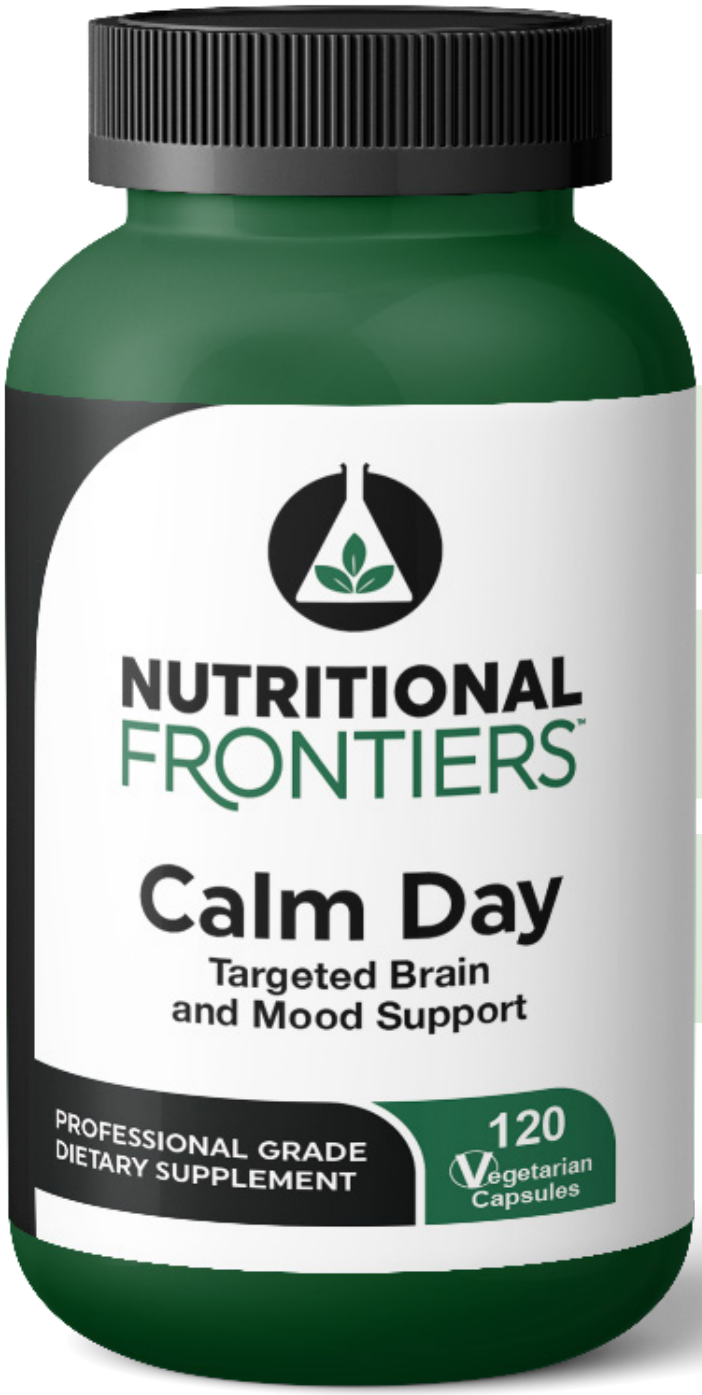
Calm Day

Targeted Brain and Mood Support*



Anxiety

Stress

Sleep

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NUTRITIONAL FRONTIERS

Calm Day

Available in 8, 60, and 120 Count Vegetarian Capsules

This formula is designed to support the neurotransmitters dopamine and serotonin, with the potential to improve problems with sleep and anxiety.*

Neurotransmitters are natural messengers in the nervous system that send signals from one nerve cell across a synapse to another nerve cell or target organ. Serotonin plays a role in sleep, mood, intestinal function, pain control, and inflammation. Dopamine plays a role in cognitive function, memory, learning, and pleasure. In our bodies, dopamine is released as a result of rewarding experiences. Certain nutrients and amino acids may help to balance levels of neurotransmitters by providing co-factors that assist in the body's ability to manufacture neurotransmitters.*

About the Ingredients

Gamma aminobutyric acid (GABA) - is a naturally occurring amino acid that works as a neurotransmitter in your brain. Neurotransmitters function as chemical messengers. GABA is considered an inhibitory neurotransmitter because it blocks, or inhibits, certain brain signals and decreases activity in your nervous system. When GABA attaches to a protein in your brain known as a GABA receptor, it produces a calming effect. This can help with feelings of anxiety, stress, and fear. It may also help to prevent seizures. As a result of these properties, GABA has also become a popular supplement in recent years. This is partly because it isn't available from many food sources.

L-Taurine is an essential amino acid and a GABA-receptor agonist, meaning it produces a GABA-like effect in the body. GABA is a sedating, inhibitory neurotransmitter. In animal studies, application of taurine with GABA, or taurine with glycine produced stronger effects than taking either glycine or GABA alone.c Taurine is used to enhance sleep quality.

L-Glycine is a non-essential amino acid. It has been used to protect brain cells after ischemic stroke. Glycine is also thought to promote a sense of well-being and reduce anxiety. Research has shown that glycine can subjectively and objectively improve sleep quality. In a study where people's sleep was restricted, glycine also reduced daytime sleepiness.

Vitamin B-5 (as d-calcium pantothenate) is a water-soluble B vitamin with numerous biological roles. Vitamin B-5 is used by the body to manufacture, among other things, coenzyme A which is an important compound for energy metabolism and the production of fatty acids, cholesterol, and the neurotransmitter acetylcholine. D-Calcium pantothenate the preferred, metabolically active form of B-5 used in higher quality nutritional supplements.

Vitamin B-6 (Pyridoxal 5-phosphate) is a water-soluble B vitamin that performs many functions in the body, including as a co-factor in several reactions of amino acid metabolism. Specifically, B-6 – dependent enzymes assist in the biosynthesis of the important neurotransmitters GABA, dopamine, serotonin, epinephrine, and norepinephrine. Pyridoxal 5-phosphate is the preferred, metabolically active form of B-6 used in higher quality nutritional supplements.

Suntheanine® (L-Theanine) stimulates activity in the brain known as alpha waves, which are associated with a relaxed but alert mental state. Human clinical trials have shown Suntheanine® to promote an alert state of relaxation without drowsiness, as indicated by an increase in Alpha brain waves, and a decrease in Beta brain waves. Suntheanine® is protected by over 40 U.S. and international patents for its various physiological efficacies and L-isomer specific production processes.

SUPPLEMENT FACTS

Available Bottle Sizes: 8, 60, or 120
Serving Size: 2 Capsules
Servings Per Container: 4, 30, or 60
Amount Per Serving

Vitamin B6 (as Pyridoxal-5-Phosphate)	10 mg
Pantothenic Acid (as Calcium-D-Pantothenate)	10 mg
Gamma Amino Butyric Acid (GABA)	500 mg
Glycine	500 mg
Taurine	250 mg
L-Theanine (as Suntheanine®)	100 mg

Other ingredients: Hypromellose (Capsule), Rice Flour, Vegetable Stearate.

Suggested Use: As a dietary supplement, take 2 capsules 1-2 times daily, or as directed by your healthcare practitioner.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

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