

Description

CALMadvantage® is a fast-acting, non-drowsy formula to brighten mood and relieve stress. It is a proprietary blend delivering high quality, well-researched ingredients that combines 5-HTP (5-Hydroxytryptophan), L-theanine, and MSM (Methyl Sulfonyl Methane). 5-HTP, the naturally occurring precursor of brain serotonin, boosts mood and normalizes brain serotonin levels if reduced by theanine¹. L-theanine, the naturally calming component of green tea, is added to promote an alert state of relaxation, and for the naturally occurring synergy with 5-HTP that has been clinically observed.

Numerous studies and clinical practice support the efficacy of the use of both 5-HTP and L-theanine individually to aid in promoting stress reduction and heightened sense of well-being. Clinically they have been prescribed by nutritionally oriented physicians to provide the added benefits of combining each of the unique properties of these natural supplements. Together these naturally occurring substances support the nervous system and clinically deliver foundational support for balanced well being. Since 5-HTP is not well absorbed, MSM has been included in this formula to enhance absorption of the primary ingredients and improve consistency of results. CALMadvantage is manufactured in a FDA and NSF GMP registered facility.

Function

Millions of North Americans live in a virtually constant state of stress. One of the most elusive and yet prized words has become “relaxation”. Thousands of scientific articles clearly point to the fact that immune function, adrenal gland health, mental wellness and overall health are adversely affected by both acute and chronic stress. Many health experts believe that stress is one of the largest risk factors leading to chronic degenerative disease.

When the stress response takes over, the body is unable to adequately relax. This leads to poorer quality sleep, insomnia, inability to optimally concentrate, irritability and ultimately negative shifts in your otherwise health promoting biochemical pathways. Indeed your health is dependent upon the proper functioning of your biochemical pathways, yet the proverbial “fight or flight” response that we experience in the modern world of hustle and bustle is not conducive to your long term *surviving*

¹Theanine-induced reduction of brain serotonin concentration in rats. Yokogoshi H, et al. Biosci Biotechnol Biochem. 1998 Apr;62(4):816-7.

let alone achieving a state of *thriving*. The goal is simple, to maintain a healthier state of existence by supporting a healthy balance of relaxation.

In addition, poor sleep quality, insomnia, inability to optimally concentrate, and irritability can have a negative impact on performance at work or school, and impact interpersonal relations and quality of life. Stress reduction can improve the ability to think and work effectively and help improve effectiveness in your professional and personal life.

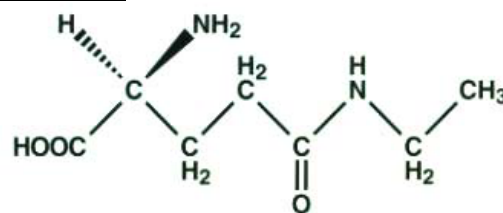
Formulation Highlights

Essential to any effective and well-tolerated relaxation formula is the ability to work quickly and do so without causing drowsiness. Simply put - an effective mind and individual is relaxed but not sedated. The ingredients selected and incorporated are designed to help support your body’s natural desire to maintain and healthy and calm balance. Taking a closer look at the individual ingredients provides a deeper appreciation of their potent ability to function independently while grasping the synergy that can be achieved when combined.

5-HTP

5-HTP is a bioactive amino acid that is the direct precursor (building block) for serotonin, an important brain neurotransmitter. Serotonin is key in the regulation of mood, appetite, and melatonin (sleep hormone) production. The presence of serotonin in the brain is associated with a balanced emotional state. 5-HTP is a safe, effective way to increase serotonin. It is added to help balance serotonin levels that can become disturbed due to stress and other health conditions, and to offset any serotonin reduction caused by theanine. Additionally, as a precursor of melatonin, serotonin is involved in regulating sleep patterns, and serotonin also acts as a satiety signal in the brain to naturally regulating food intake.

L-theanine



Theanine (5-N-ethyl glutamine) is a naturally occurring unique amino acid in green tea (*Camellia sinensis*). Studies have shown that L-theanine helps



Product Data

Product Codes AN-CM02 and AN-CM12

positively alter brain waves and has many stress relief and other benefits.

Brain waves are classified into four types, namely Alpha, Beta, Gamma and Theta waves, based on mental conditions. Generation of Alpha waves is considered to be an index of relaxation. In human volunteers, Alpha waves were generated on the occipital and parietal regions of the brain surface within 40 minutes after the oral administration of theanine (50–200 mg), signifying relaxation without causing drowsiness.²

L-theanine exhibits numerous benefits including:

- Relieves stress
- Promotes relaxation without drowsiness
- Reduces nervous irritability and restlessness
- Promotes a relaxed feeling
- Eases occasional simple nervous tension
- Eases nervousness due to common everyday overwork and fatigue
- Diminishes normal symptoms of premenstrual syndrome

Other applications suggested by research conducted at the Laboratory of Nutritional Biochemistry, School of Food and Nutritional Sciences at the University of Shizuoka, in Shizuoka Japan include (1) Improving Learning Performance; (2) Heightening Mental Activity; (3) Improving Concentration; (4) Reducing Caffeine Effects; and (5) Supporting the Immune System.³

MSM

Methylsulfonylmethane (MSM) is a nutritional form of biological sulfur. It is a naturally occurring vital nutrient found in all living organisms and foods. It is added to enhance absorption and utilization of the other ingredients, and also has many desirable properties and effects for wellness and overall good health.

Indications

The clinical indications are two-fold, either take as needed to aid in the reduction existing stress and the imbalances to ones life that it can cause, or take as a daily maintenance formula to minimize stress

² L-theanine Boosts Alpha Waves, Promotes Alert Relaxation. Mason R, M.S. *Alternative Complementary Therapies – The Official Journal of the Society of Integrative Medicine*. Vol. 7, No. 2; Pgs 91-94; April, 2001.

³ *These preliminary applications of L-theanine are not being claimed in this document, rather are shared to reflect the potential application of L-theanine and the prospects of further research.*

response and preemptively support the goal of maintaining a healthy balance.

Formula

CALMadvantage is a proprietary blend that delivers L-theanine, 5 HTP and MSM intended to provide synergy and heighten effectiveness of the overall formula.

| | | |
|----------------------------------|-----------------|-----------|
| <u>Serving Size: 1 capsule</u> | <u>provides</u> | <u>DV</u> |
| L-theanine..... | 100 mg | * |
| 5 HTP (5-hydroxytryptophan)..... | 50 mg | * |
| MSM (methylsulfonylmethane)..... | 50 mg | * |

Other ingredients: Gelatin capsules.
*Daily Value Not Established

Suggested Use

Take 1 to 2 capsules per day as needed to relieve stress. For daytime stress relief we suggest that you take either one capsule in the morning, two capsules in the morning, or one capsule in the morning and one in the afternoon. To improve quality of sleep try taking one or two capsules at bedtime. Up to 3 capsules per day may be taken if well tolerated. We generally do not recommend exceeding 3 capsules per day but some individuals may tolerate and benefit from higher daily doses. Consult a health care professional before taking more than 3 capsules per day.

Brain tissue levels of the active ingredients remain elevated for about 8 hours after administration.

Cautions

If you are pregnant, breastfeeding or taking anti-depressants, anti-anxiety medications, anti-seizure or other prescription medications including MAO inhibitors, consult a physician before use. 5-HTP can potentiate (increase) the effects of alcohol. Do not take with alcohol. Not recommended for use by children.

How Supplied

CALMadvantage is available in 60 capsule and 120 capsule bottle sizes, packed 12 bottles per case. Dated shelf life is three years. Capsule size is #2.

Storage

Store in cool dry place, away from direct light. Keep out of reach of children.

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