

# Calm G

Contains a blend of ingredients important for regulating glutamate activity, stress-reduction, metabolic health, and mitochondrial function\*

Item Number	Available Sizes	Serving Size
20004	90 Capsules	2 Capsules

## Key Ingredients

L-methionine	<ul style="list-style-type: none"> <li>Precursor to L-cysteine, the rate-limiting amino acid <b>required for glutathione synthesis</b><sup>1</sup></li> </ul>
L-cysteine	<ul style="list-style-type: none"> <li>L-cysteine is the rate-limiting amino acid <b>required for glutathione</b><sup>2</sup></li> </ul>
L-theanine	<ul style="list-style-type: none"> <li>Amino acid that acts as a glutamate receptor antagonist<sup>3*</sup></li> <li>Glutamatergic signaling underlies mechanisms related to anxiousness and stress<sup>4</sup></li> <li>In a double-blind, placebo-controlled study, L-theanine was shown to significantly <b>reduce stress</b><sup>5*</sup></li> </ul>
Alpha-lipoic acid	<ul style="list-style-type: none"> <li>Antioxidant that is able to regenerate endogenous antioxidants and scavenge metal ions and free radicals<sup>6*</sup></li> <li>Alpha-lipoic acid can influence the redox status in cells important for the translocation of glucose transporters and <b>increasing glucose uptake</b><sup>6*</sup></li> </ul>
Coenzyme Q10	<ul style="list-style-type: none"> <li>Compound found in nearly every human cell that is essential for <b>mitochondrial function</b> and antioxidant protection<sup>7*</sup></li> </ul>

\*Magnafolate is a registered trademark of Lianyungang Jinkang Pharmaceutical Technology Co., Ltd.



Supplement Facts		
Serving Size: 2 Capsules		
Servings Per Container: 45		
Amount Per Serving	% Daily Value	
Folate (as L-5-methyltetrahydrofolate, calcium salt) <sup>†</sup>	272 mcg DFE	68%
Selenium (from L-selenomethionine)	70 mcg	127%
<b>Proprietary Blend</b>	1.1 g	†
L-cysteine, Alpha-lipoic acid, L-theanine, Coenzyme Q10, and L-methionine.		
† Daily Value not established.		

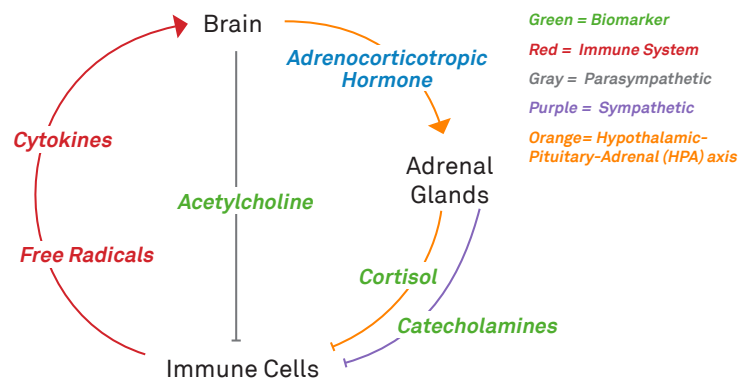
Other ingredients: Vegetable capsule (hypromellose, water), microcrystalline cellulose, magnesium stearate (vegetable source), silica, and dicalcium phosphate.

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## The Science

- The sympathetic and parasympathetic nervous systems work together with the immune system to **regulate the immune response**<sup>8</sup>
- Oxidative stress** is directly linked to immune activation and can damage proteins, lipids, and DNA<sup>9</sup>
- Long term immune activation can lead to imbalances in these systems and can contribute to symptoms such as fatigue, **low mood**, and **sleep difficulties**<sup>8,10-12</sup>

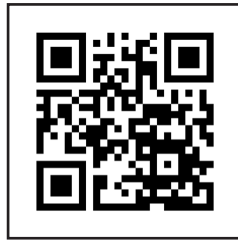
## NeuroImmune Response



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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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