NeuroScience®

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

Supplement Facts (from label)

Supplement Facts
Serving Size: 2 Capsules
Servings Per Container: 45

Amount Per Serving		% Daily Value
Folate (as L-5-methyltetra-hydrofolate, calcium salt‡)	272 mcg DFE	68%
Selenium (from L-selenomethionine)	70 mcg	127%
Proprietary Blend	1.1 g	†
N-acetyl-L-cysteine, Alpha-lipoic acid, L-theanine, and Coenzyme Q10.		

† Daily Value not established.

Other ingredients: Vegetable capsule (hypromellose, water), microcrystalline cellulose, magnesium stearate (vegetable source), silica, and dicalcium phosphate.
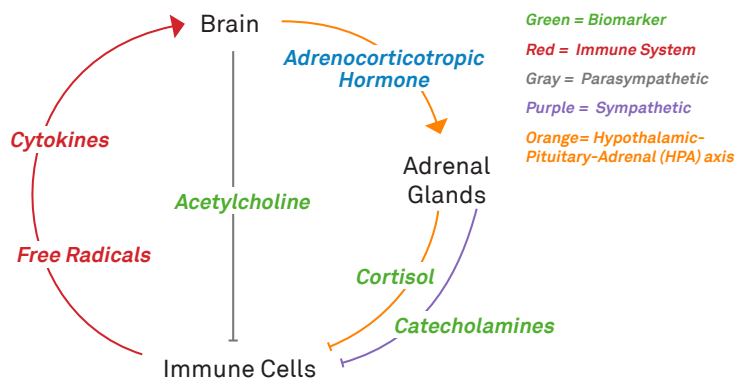
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NeuroScience®
www.neuroscienceinc.com
Osceola, WI 54020
+1-888-342-7272
L20004C090.14

Calm G™
Dietary Supplement
NeuroImmune
90 CAPSULES

Key Ingredients

N-acetyl-L-cysteine
- Precursor to L-cysteine[1]
- L-cysteine is required for the **synthesis of glutathione**, an endogenous antioxidant[2]

L-theanine
- Amino acid that acts as a glutamate receptor antagonist[3]*
- Glutamatergic signaling underlies mechanisms related to anxiousness and stress[4]
- In a double-blind, placebo-controlled study, L-theanine was shown to significantly **reduce stress**[5]*

Alpha-lipoic acid
- Antioxidant that is able to regenerate endogenous antioxidants and scavenge metal ions and free radicals[6]*
- Alpha-lipoic acid can influence the redox status in cells important for the translocation of glucose transporters and **increasing glucose uptake**[6]*

Coenzyme Q10
- Compound found in nearly every human cell that is essential for **mitochondrial function** and antioxidant protection[7]*

‡This product uses Gnosis S.p.A's (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic is a registered trademark of Gnosis S.p.A., Milan, Italy.

The Science

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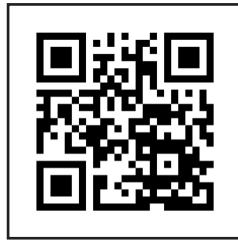
NeuroImmune Response

Brain
Adrenocorticotropic Hormone
Cytokines
Acetylcholine
Adrenal Glands
Free Radicals
Cortisol
Catecholamines
Immune Cells

Blue = Hormone
Green = Biomarker
Red = Immune System
Gray = Parasympathetic
Purple = Sympathetic
Orange= Hypothalamic–Pituitary–Adrenal (HPA) axis

1. Rushworth G and Megson I. Pharmacol Ther. 2014;141(2):150-9.
2. Schmitt B, et al. Redox Biol. 2015;6:198-205.
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4. Bermudo-Soriano C, et al. Pharmacol Biochem Behav. 2012;100(4):752-74.
5. Kimura K, et al. Biol Psychol. 2007;74(1):39-45.
6. Rochette L, et al. Can J Physiol Pharmacol. 2015;93(12):1021-7.
7. Garrido-Maraver J, et al. Front Biosci (Landmark Ed). 2014;19:619-33.
8. Pongratz G and Straub R. Arthritis Res Ther. 2014;16:504.
9. Kasperczyk S, et al. Toxicol Appl Pharmacol. 2014;280(1):36-41.
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