

Dr. Fuhrman[®]

PRODUCT FACTS

CALM BIOTECT



Passionflower, a purple-flowered vine native to the Southeastern United States, has been linked to quality sleep and healthy stress levels.

CALM BIOTECT

For a calm mind and restful sleep

Calm Biotect was designed to support healthy stress levels, healthy sleep, and a relaxed, calm mind with a combination of amino acids and plant extracts. Research suggests these ingredients interact with neurotransmission in the brain to promote relaxation and sleep.

Tryptophan is an amino acid that is converted to serotonin and melatonin in the brain, hormones that play important roles in regulating our mood and sleep, respectively.¹

Lemon balm is a perennial herb whose leaves have a lemon-like scent. Preliminary human studies suggest lemon balm supplementation is associated with calmness during both normal conditions and stressful activities.²⁻⁵

L-theanine is an amino acid naturally occurring in tea; the highest concentration is found in green tea, where L-theanine makes up about 1-2 percent of the dry weight of green tea leaves. Research suggests L-theanine may be helpful for a healthy response to stress.^{6, 7}

Calm Biotect also includes a blend of extracts of valerian, passionflower, and chamomile. Passionflower, a purple-flowered vine native to the Southeastern



United States, has been linked to quality sleep and healthy stress levels.⁸⁻¹⁰ A combination of valerian root and lemon balm has been investigated for its potential to promote sleep.¹¹⁻¹³ Chamomile tea, rich in phytochemicals including the flavonoid apigenin, has long been thought to have calming effects, and recent studies on chamomile supplementation support this.¹⁴⁻¹⁷

In animal studies, phytochemicals from lemon balm, L-theanine, passionflower, valerian, and chamomile affect levels of the neurotransmitter GABA, an important regulator of sleep and stress.^{18, 19}

CALM BIOTECT

Product Features

- Vegetarian
- Vegan
- Promotes a calm mind*
- Promotes restful sleep*
- Calming botanical extracts
lemon balm, valerian,
passionflower, and chamomile
- Amino acid L-tryptophan used by
the body to produce melatonin
and serotonin
- Free of gluten, dairy, and soy
- Non-GMO
- Manufactured by a GMP certified
and FDA-regulated facility



A combination of valerian root and lemon balm has been investigated for its potential to promote sleep.



Chamomile tea, rich in phytochemicals including the flavonoid apigenin, has long been thought to have calming effects, and recent studies on chamomile supplementation support this.



- Jenkins TA, Nguyen JC, Polglaze KE, Bertrand PP. **Influence of Tryptophan and Serotonin on Mood and Cognition with a Possible Role of the Gut-Brain Axis.** *Nutrients* 2016, 8.
- Kennedy DO, Little W, Haskell CF, Scholey AB. **Anxiolytic effects of a combination of *Melissa officinalis* and *Valeriana officinalis* during laboratory induced stress.** *Phytother Res* 2006, 20:96-102.
- Kennedy DO, Little W, Scholey AB. **Attenuation of laboratory-induced stress in humans after acute administration of *Melissa officinalis* (Lemon Balm).** *Psychosom Med* 2004, 66:607-613.
- Kennedy DO, Wake G, Savelev S, Tildesley NT, Perry EK, Wesnes KA, Scholey AB. **Modulation of mood and cognitive performance following acute administration of single doses of *Melissa officinalis* (Lemon balm) with human CNS nicotinic and muscarinic receptor-binding properties.** *Neuropsychopharmacology* 2003, 28:1871-1881.
- Kennedy DO, Scholey AB, Tildesley NT, Perry EK, Wesnes KA. **Modulation of mood and cognitive performance following acute administration of *Melissa officinalis* (lemon balm).** *Pharmacol Biochem Behav* 2002, 72:953-964.
- White DJ, de Klerk S, Woods W, Gondalia S, Noonan C, Scholey AB. **Anti-Stress, Behavioural and Magnetoencephalography Effects of an L-Theanine-Based Nutrient Drink: A Randomised, Double-Blind, Placebo-Controlled, Crossover Trial.** *Nutrients* 2016, 8.
- Kimura K, Ozeki M, Juneja LR, Ohira H. **L-Theanine reduces psychological and physiological stress responses.** *Biol Psychol* 2007, 74:39-45.
- Akhondzadeh S, Naghavi HR, Vazirian M, Shayeghanpour A, Rashidi H, Khani M. **Passionflower in the treatment of generalized anxiety: a pilot double-blind randomized controlled trial with oxazepam.** *J Clin Pharm Ther* 2001, 26:363-367.
- Miyasaka LS, Atallah AN, Soares BG. **Passiflora for anxiety disorder.** *Cochrane Database Syst Rev* 2007:CD004518.
- Movafegh A, Alizadeh R, Hajimohamadi F, Estefhani F, Nejatfar M. **Preoperative oral *Passiflora incarnata* reduces anxiety in ambulatory surgery patients: a double-blind, placebo-controlled study.** *Anesth Analg* 2008, 106:1728-1732.
- Muller SF, Klement S. **A combination of valerian and lemon balm is effective in the treatment of restlessness and dyssomnia in children.** *Phytomedicine* 2006, 13:383-387.
- Taavoni S, Nazem Ekbatani N, Haghani H. **Valerian/lemon balm use for sleep disorders during menopause.** *Complement Ther Clin Pract* 2013, 19:193-196.
- Cerny A, Schmidb K. **Tolerability and efficacy of valerian/lemon balm in healthy volunteers (a double-blind, placebo-controlled, multicentre study).** *Fitoterapia* 1999, 70:221-228.
- Adib-Hajbaghery M, Mousavi SN. **The effects of chamomile extract on sleep quality among elderly people: A clinical trial.** *Complement Ther Med* 2017, 35:109-114.
- Amsterdam JD, Li Y, Soeller I, Rockwell K, Mao JJ, Shults J. **A randomized, double-blind, placebo-controlled trial of oral *Matricaria recutita* (chamomile) extract therapy for generalized anxiety disorder.** *J Clin Psychopharmacol* 2009, 29:378-382.
- Keefe JR, Guo W, Li QS, Amsterdam JD, Mao JJ. **An exploratory study of salivary cortisol changes during chamomile extract therapy of moderate to severe generalized anxiety disorder.** *J Psychiatr Res* 2018, 96:189-195.
- Mao JJ, Xie SX, Keefe JR, Soeller I, Li QS, Amsterdam JD. **Long-term chamomile (*Matricaria chamomilla* L.) treatment for generalized anxiety disorder: A randomized clinical trial.** *Phytomedicine* 2016, 23:1735-1742.
- Savage K, Firth J, Stough C, Sarris J. **GABA-modulating phytochemicals for anxiety: A systematic review of preclinical and clinical evidence.** *Phytother Res* 2018, 32:3-18.
- Lardner AL. **Neurobiological effects of the green tea constituent theanine and its potential role in the treatment of psychiatric and neurodegenerative disorders.** *Nutr Neurosci* 2014, 17:145-155.

CALM BIOTECT

Supplement Facts

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 60

	Amount Per Serving
L-Tryptophan	400 mg*
Lemon balm extract (aerial parts)	200 mg*
L-Theanine	200 mg*
Proprietary blend:	150 mg*
Valerian root extract	
Chamomile flower extract	
Passionflower extract (aerial parts)	

* Daily value not established

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silica and film coat (hypromellose, glycerine, hydroxypropyl cellulose.)

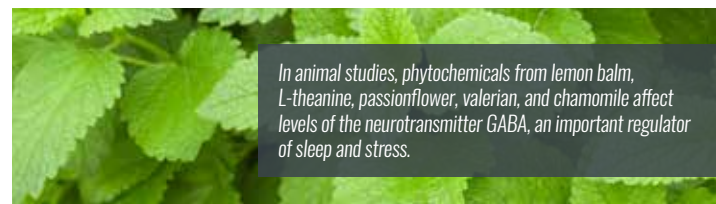
Suggested Use: Take 1-2 tablets nightly at bedtime.

Does not contain: eggs, dairy, peanuts, tree nuts, fish, shellfish, soy, wheat, gluten

Not produced in an allergen-free or gluten-free facility. Produced in a facility with an allergen control program in place designed to properly handle, store and use materials in production to eliminate the risk of cross-contamination, in accordance with Good Manufacturing Practices (GMPs).

****These supplements have not been evaluated by the Food and Drug Administration.**

Products listed are not intended to diagnose, treat, cure or prevent disease.



In animal studies, phytochemicals from lemon balm, L-theanine, passionflower, valerian, and chamomile affect levels of the neurotransmitter GABA, an important regulator of sleep and stress.