

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 BiTECT was designed to support healthy stress levels, healthy sleep, and a relaxed, calm mind with a combination of brain health-supporting amino acids and organic valerian, chamomile, passionflower, and ashwagandha extracts that work synergistically to aid brain health and emotional well being. Research suggests these ingredients interact with neurotransmission in the brain to promote calmness, 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

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 is helpful to reduce stress and induce relaxation.^{2,3}

GABA (gamma-aminobutyric acid) is a non-protein amino acid and neurotransmitter that is an important regulator of sleep, circadian rhythms, and stress. GABA is present in some natural foods, such as soybeans, fermented foods, tea, and adzuki beans, and supplemental GABA has been demonstrated to have stress-reducing properties.⁴

Phosphatidylserine is a major phospholipid in brain cell membranes, important for cell signaling and neurotransmitter release.⁵



Ashwagandha (*Withania somnifera*) is an herb traditionally used in Ayurveda that has antioxidant and anti-inflammatory effects, and studies and clinical evidence report reductions in stress.⁶

Calm BiTECT also includes a blend of organic 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.⁷⁻⁹ Several randomized controlled trials on valerian have reported improvements in sleep duration or sleep quality, or reductions in stress.¹⁰ 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.¹¹⁻¹⁴

In animal studies, L-theanine and phytochemicals from passionflower, valerian, and chamomile affect levels of the neurotransmitter GABA, and they are thought to promote relaxation and sleep through GABA.^{10, 15, 16}

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Product Features

- Vegan
- Promotes a calm mind*
- Promotes restful sleep*
- Calming organic botanical extracts: ashwagandha, valerian, passionflower, and chamomile
- Amino acid L-tryptophan used by the body to produce melatonin and serotonin
- Free of gluten and dairy
- 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.



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Supplement Facts

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Serving Size: 2 Capsules
Servings Per Container: 60

	Amount Per Serving
L-Tryptophan	400 mg*
L-Theanine	200 mg*
Proprietary blend:	420 mg*
Organic valerian root extract	
Organic chamomile flower extract	
Organic passionflower extract (aerial parts)	
Organic ashwagandha root and leaf extract	125 mg*
Phosphatidylserine (from soybean)	100 mg*
GABA (gamma-aminobutyric acid)	100 mg*

* Daily value not established

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silica and coating (hypromellose, glycerin, hydroxypropyl cellulose).

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

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

Contains: soy

Caution: If you are pregnant, nursing, on medication, or being treated for a medical condition, consult with your healthcare practitioner.

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.