Calm Day

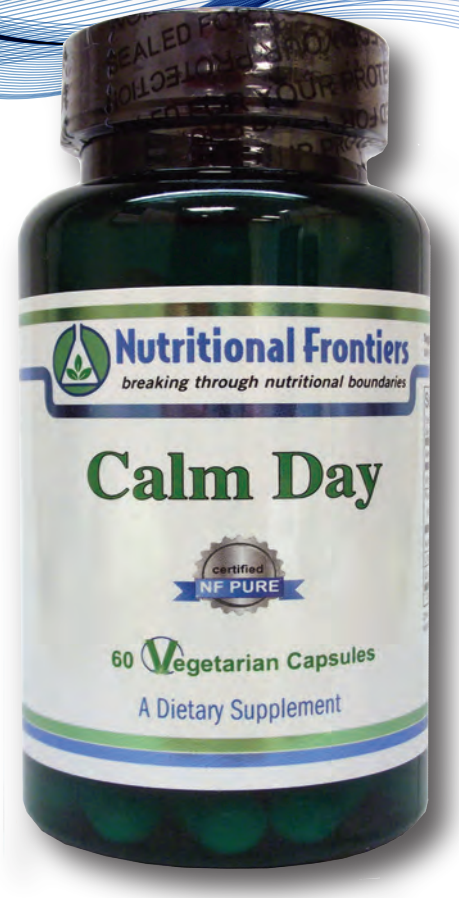
for sleep and anxiety





This formula is designed to beneficially support the neurotransmitters dopamine and serotonin, with the potential to improve challenges including:

- Anxiety
- Cognitive Function
- Sleep
- Stress



Features:

- 4-amino-3-phenylbutyric acid
- L-Taurine
- L-Glycine
- Vitamin B-5
- Vitamin B-6

Nutritional Frontiers
breaking through nutritional boundaries

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"breaking through nutritional boundaries"



Calm Day

*For sleep and anxiety**



This formula is designed to support the neurotransmitters dopamine and serotonin, with the potential to improve problems with sleep and anxiety.*

Neurotransmitters are natural messengers in the nervous system that send signals from one nerve cell across a synapse to another nerve cell or target organ. Serotonin plays a role in sleep, mood, intestinal function, pain control, and inflammation. Dopamine plays a role in cognitive function, memory, learning, and pleasure. In our bodies, dopamine is released as a result of rewarding experiences. Certain nutrients and amino acids may help to balance levels of neurotransmitters by providing co-factors that assist in the body's ability to manufacture neurotrasmitters.*

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About the Ingredients

4-amino- 3-phenylbutyric acid- Research has shown that 4-amino-3-phenylbutyric acid crosses the blood/brain barrier, and it can also be absorbed more efficiently than GABA (gamma aminobutyric acid). This anxiety-reducing and cognition-enhancing agent is also called phenibut or fenibut. Fenibut has been studied for its ability to prevent the negative effects of sleep deprivation, namely protecting the adrenal glands and reducing cognitive and emotional disorders caused by lack of sleep.(i) It has also been researched for its ability to reduce anxiety.(ii) Phenibut is commonly used in Russia to improve anxiety, sleep disorders, depression, post-traumatic stress disorders, and more.(iii)

L-Taurine- is an essential amino acid and a GABA-receptor agonist, meaning it produces a GABA-like effect in the body. GABA is a sedating, inhibitory neurotransmitter. In animal studies, application of taurine with GABA, or taurine with glycine produced stronger effects than taking either glycine or GABA alone.(iv) Taurine is used to enhance sleep quality.(v)

L-Glycine- is a non-essential amino acid. It has been used to protect brain cells after ischemic stroke. Glycine is also thought to promote a sense of well-being and reduce anxiety. Research has shown that glycine can subjectively and objectively improve sleep quality.(vi) In a study where people's sleep was restricted, glycine also reduced daytime sleepiness.(vii)

Vitamin B-5 (as d-calcium pantothenate)-is a water-soluble B vitamin with numerous biological roles. Vitamin B-5 is used by the body to manufacture, among other things, coenzyme A which is an important compound for energy metabolism and the production of fatty acids, cholesterol, and the neurotransmitter acetylcholine. D-Calcium pantothenate the preferred, metabolically active form of B-5 used in higher quality nutritional supplements.

Vitamin B-6 (Pyridoxal 5-phosphate) - is a water-soluble B vitamin that performs many functions in the body, including as a co-factor in several reactions of amino acid metabolism. Specifically, B-6 – dependent enzymes assist in the biosynthesis of the important neurotransmitters GABA, dopamine, serotonin, epinephrine, and norepinephrine. Pyridoxal 5-phosphate is the preferred, metabolically active form of B-6 used in higher quality nutritional supplements.

Supplement Facts

2 vegetarian capsules contain:

4-amino- 3-phenylbutyric acid	500 mg
L-Taurine	500 mg
L-Glycine	500 mg
B5 Pantothenic Acid (as d-calcium pantothenate)	10mg
B6 (as Pyridoxal 5-phosphate)	10 mg

Other ingredients: vegetable cellulose (capsule), vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product

Suggested Use: As a dietary supplement, take 2 capsules, 1-2 times daily with food, or as directed by your healthcare practitioner.

Sold Exclusively Through Health Care Practitioners

60 Veg Caps	**02JW32D.060**
120 Veg Caps	**02JW32D.120**

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ii.) Ziablintseva EA. Pavlova IV. [Influence of GABA agonist phenibut on the neuronal activity and interaction in hippocampus and neocortex in emotionally negative situations]. Ross Fiziol Zh Im I M Sechenova. 2009 Sep;95(9):907-18.

-Zyablitseva EA. Pavlova IV. Effects of the GABA receptor agonist phenibut on behavior and respiration in rabbits in emotionally negative situations. Neurosci Behav Physiol. 2008 Jul;38(6):555-62.

iii.) Lapin I. Phenibut (beta-phenyl-GABA): a tranquilizer and nootropic drug. CNS Drug Rev. 2001 Winter;7(4):471-81.

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v.) Lin FJ. Pierce MM. Sehgal A. et al. Effect of caffeine and taurine on sleep-wake activity in Drosophila melanogaster. Nat Sci Sleep. 2010 Sep 24;2:221-31.

vi.) Bannai M. Kawai N. New therapeutic strategy for amino acid medicine: glycine improves quality of sleep. J Pharmacol Sci. 2012;118(2):145-8.

vii.) Bannai M. Kawai N. Ono K. et al. The effects of glycine on subjective daytime performance in partially sleep-restricted healthy volunteers. Front Neurol. 2012;3:61. doi: 10.3389/fneur.2012.00061.

viii.) Cummings C. Canadian Paediatric Society, Community Paediatrics Committee. Melatonin for the management of sleep disorders in children and adolescents. Paediatr Child Health. 2012 Jun;17(6):331-6.

-Ferracioli-Oda E. Qawasmi A. Bloch MH. Meta-analysis: melatonin for the treatment of primary sleep disorders. PLoS One. 2013 May 17;8(5):e63773. doi: 10.1371/journal.pone.0063773. Print 2013.

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