

# What's in Calm & Clear?

**B vitamins** - Anytime you're under stress, your need for more B vitamins increases. The Bs are absolutely necessary for the body's ability to produce energy, combat stress, and maintain a stable mood and a healthy nervous system. They are a key to normal brain function, because they speed up nerve transmission by maintaining nerve cell sheaths. Some B vitamins also regulate neurotransmitters that enable brain cells to communicate.

**Vitamin B-1** (25 mg) - (thiamin mononitrate) enhances circulation, assists in blood formation, carbohydrate metabolism, and also optimizes cognitive activity and brain function. It has a positive effect on energy, growth, normal appetite and learning capacity. A thiamin deficiency can result in nervousness, forgetfulness and irritability—just what you don't need during a presentation or exam.

**Vitamin B-2** (400 mcg) - (riboflavin) is needed to process amino acids and fats, activate vitamin B-6, and help convert carbohydrates into ATP, the fuel the body runs on. It also helps counteract headaches!

**Vitamin B-6** (29 mg) - (pyridoxine hydrochloride) is involved in more bodily functions than almost any other single nutrient. It affects both physical and mental health, and a deficiency can contribute to hyperirritability, learning and memory difficulties.

**Vitamin B-12** (83 mg) - (cyanocobalamin) is an absolute must for the maintenance of a healthy nervous system. It is linked to the production of acetylcholine, a neurotransmitter that assists memory, concentration and learning.

**Melatonin (1000 mcg)** - is produced by the pineal gland and regulates the body's circadian rhythm. According to research, melatonin taken before bedtime decreases sleep disturbances and improves learning ability and mental performance the next day—just in time for that special presentation!

## **A Proprietary Blend (890mg) of:**

**Wood betony** - effectively calms the nerves.

**Kava kava** - This tropical herb is the perfect antidote for anxiety and nervousness. Its active ingredients, kavalactones, improve mood, memory and produce a calming effect—safely without side effects.

**Hops flowers** - Ever since this plant became a popular ingredient in beer 1,000 years ago, it has been used to treat anxiety, insomnia and restlessness.

**Valerian root** - has traditionally been used as a safe sedative in treating stress, anxiety and insomnia. It does not impair mental function.

**Passion flower** - is a mild sedative that's been used for centuries to treat nervous tension, anxiety and insomnia.

**Chamomile** - is an effective sedative traditionally used to promote sleep.

**Juniper berries** - are added for their ability to ease stomach upset due to nervous tension.

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

## **University Labs products are:**

- ▶ Developed from sound scientific research
- ▶ Manufactured in our state-of-the-art manufacturing facility under the highest standards of quality assurance and good manufacturing practices
- ▶ Formulated with the best natural ingredients available—without toxic solvents or chemicals
- ▶ Manufactured by an NNFA (National Nutritional Foods Association) GMP certified facility
- ▶ The right choice for setting up a nutritional department in your store
  - POP placement
  - Shelf talkers
  - Traffic building