

Stress Essentials Calm

Support for Healthy Stress
Management*

Stress Essential Calm Supplementation

Stress Essentials Calm is formulated with L-theanine, as patented Suntheanine®, and gamma-aminobutyric acid (GABA). These two ingredients act as natural calming agents by increasing levels of GABA in the brain.*¹ When GABA levels increase in the brain, excitability decreases, and relaxation ensues.

Given the importance of proper rest, relaxation, and tranquility in health and well-being, individuals stand to benefit from Stress Essentials Calm in a variety of ways.*

Supplementing with Stress Essentials Calm may include these benefits:

- Supports relaxation*
- Promotes restful sleep*
- Promotes mental clarity*
- Supports healthy cognitive function*
- Supports healthy immune function*
- Promotes healthy and balanced moods*



How Stress Essentials Calm Works

Stress and anxiety can wreak havoc on the body, brain, and immune system. Stress Essentials Calm combines the amino acids L-theanine (as Suntheanine®) and GABA to support relaxation without drowsiness.*

L-theanine was first discovered as one of the bioactive constituents of green tea leaves that cause a relaxed but alert state.*² L-theanine is highly bioavailable and can easily cross the blood-brain barrier, which helps support a healthy stress response through relaxation and promotes various aspects of cognitive health.*

Suntheanine® has been shown to promote an alert state of relaxation without drowsiness by increasing alpha brain waves and decreasing beta brain waves.*³ In 2019, a randomized, controlled study evaluated the impact of L-theanine on cognitive function in healthy adults. After supplementing with L-theanine, participants had improved scores in executive function and verbal fluency.*⁴

How Stress Essentials Calm Works Continued

In addition, another study found that L-theanine may improve the quality of sleep because of its ability to relax the body without contributing to daytime drowsiness.*⁵ Suntheanine[®] also helps to improve focus and mental clarity without the negative side effects of caffeine. It can also work synergistically with caffeine in supporting healthy cognitive functions.*^{6,7}

The other ingredient in the Stress Essentials Calm formula is GABA, a neurotransmitter that is the primary inhibitor of the central nervous system in humans.⁸ GABA is synthesized in the brain by the decarboxylation of glutamate. Research may suggest that GABA administration supports increases in alpha waves and decreases in beta waves in the brain, promoting healthy and balanced moods.*⁹

GABA also supports restful sleep by affecting serotonin levels during the sleep/wake cycle.*¹⁰ L-theanine and GABA work together to support quality sleep through calming effects.*^{5,10} L-theanine supports the production of serotonin and helps GABA support a healthy bodily response to stress.*^{4,11} Serotonin is then converted to melatonin in the brain, which in turn supports restful sleep.*¹¹

Why Use Stress Essentials Calm?

Stress Essentials Calm may support relaxation, mental clarity, and cognitive function without drowsiness.* The two primary ingredients, bioavailable Suntheanine[®] and GABA, play synergistic roles in the body, supporting a relaxed state.*

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV
GABA (gamma-aminobutyric acid)	500 mg	*
L-Theanine (Suntheanine [®])	200 mg	*

Other Ingredients: Vegetable capsule, microcrystalline cellulose, vegetable magnesium stearate, silicon dioxide.

Suntheanine[®] is a registered trademark of Taiyo International, Inc.

Directions: Take two capsules daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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

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