

# Calm-Pro™ – The Green Tea Serenity Factor

## About Calm-Pro

- Calm-Pro uses Suntheanine®, the most clinically studied L-theanine.
- L-theanine is a naturally occurring amino acid found in green tea.<sup>1</sup>
- L-theanine increases brain wave activity in the alpha band frequency, which helps relax and calm the mind without inducing drowsiness.<sup>2</sup>
- Calm-Pro is rapidly absorbed by the body, with effects being felt within 30 to 40 minutes after taking it.<sup>3</sup>
- Reduces levels of cortisol, the primary stress response hormone.<sup>4</sup>
- L-theanine in combination with caffeine improves alertness and mental performance.<sup>5</sup>
- Calm-Pro enhances sleep quality allowing you to awaken the next day feeling less tired and more refreshed.<sup>6,7</sup>
- Eases mood-related symptoms associated with premenstrual syndrome.<sup>8</sup>

## How to Use Calm-Pro

- Chew 2 tablets per day or as directed by a health care practitioner.

## Cautions and Contraindications

- While no specific contraindication exists or is predicted, information is lacking for use during pregnancy, breastfeeding, and in children. The dosage may need to be reduced for those less than 18 years of age. Keep out of reach of children.

## Drug Interactions

- May increase the uptake of certain types of chemotherapy drugs such as doxorubicin.<sup>9</sup>

## Quick Tips for Optimal Health

- Ensure adequate sleep. Getting only four hours of sleep, instead of eight hours, increases the stress hormone cortisol by 37% the next day.<sup>10</sup>
- Manage your stress. Excess stress of any type can reduce your immunity by 50%.<sup>11</sup>
- Listen to music. Exposure to music, instead of just resting, can have big benefits in reducing excess stress.<sup>12</sup>
- Exercise. Regular exercise is associated with emotional resilience to acute stress in healthy adults.<sup>13</sup>
- Cut down salt. Reducing your salt intake helps decrease anger and improve your day-to-day mood.<sup>14</sup>
- Get a massage. In a high-stress job, 15 minutes of gentle back massage per week helps reduce both, physical and mental stress.<sup>15</sup>

PATIENT NAME: \_\_\_\_\_

**PRACTITIONER NOTES:**

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PRACTITIONER CONTACT INFORMATION:

## References

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