

Calm-Pro® – The green tea serenity factor

About Calm-Pro

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

How to Use Calm-Pro

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

Cautions and Contraindications

- Keep out of reach of children.
- While no specific contraindication exists or is predicted, information is lacking for use during pregnancy and breastfeeding, and in children.

Drug Interactions

- May have added effects with antihypertensive medications.
- May increase the uptake of certain types of chemotherapy drugs like doxorubicin.⁸

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.⁹
- Manage your stress. Excess stress of any type can reduce your immunity by 50%.¹⁰
- Listen to music. Exposure to music, instead of just resting, can have big benefits in reducing excess stress.¹¹
- Exercise. Regular exercise is associated with emotional resilience to acute stress in healthy adults.¹²
- Cut down salt. Reducing your salt intake helps improve your day-to-day mood.¹³
- Get a massage. In a high-stress job, 15 minutes of a gentle back massage per week helps reduce both physical and mental stress.¹⁴

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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