

PEPTIDES *with* PURPOSE

CALM™

CALM - THE SOLUTION

CALM provides Precision Peptide Support in an on-the-go stick pack with a refreshing Lemon Citrus flavor that melts in your mouth. It combines four powerful ingredients—Ashwagandha, Lemon Balm Extract, GABA and L-Theanine—designed to naturally lower cortisol levels, reduce stress and help balance stress hormones for relaxation without drowsiness. Ideal for busy lifestyles, CALM supports mental well-being and provides both immediate and long-term benefits when taken regularly as directed.

RELAX & RECHARGE



THE BUILDING BLOCKS OF BETTER HEALTH
MAKE

MAKE™ WELLNESS

USAGE

Pour the contents of one stick pack on the tongue, let it dissolve, and swallow. If needed, follow with water. Best taken in the evening for optimal results, but can be used as needed for acute stress situations.



KEY INGREDIENTS:

- 1 Ashwagandha:**
Ancient Ayurvedic adaptogen that helps manage stress and improve sleep quality.
- 3 GABA:**
is a natural neurotransmitter that reduces stress levels and promotes mental calmness.

- 2 Lemon Balm Extract:**
A calming herb known to enhance mood and support cognitive function.
- 4 L-Theanine:**
An amino acid from green tea that promotes relaxation and focus without drowsiness.

Precision Peptide Support
CALM's ingredients work synergistically to modulate stress hormones, support neurotransmitter balance, and promote alpha brain wave activity for deep relaxation.

CALM™

THE POWER OF 4: YOUR PATH TO CALM

STRESS REDUCTION:

Helps manage daily stressors and promotes a sense of calm and relaxation.

IMPROVED SLEEP QUALITY:

Supports better sleep and helps reduce nighttime awakenings.

ENHANCED COGNITIVE FUNCTION:

Improves focus and concentration and supports mental clarity.

MOOD SUPPORT:

May help balance emotions and promote a more positive outlook.

The Stress Crisis*:

- 24%** of adults report stress levels above 8 out of 10
- 70%** of adults worry about family safety
- 66%** of adults are anxious about their health
- 42%** of adults say their sleep quality is poor
- 1 IN 3** adults will experience an anxiety disorder at some point in life
- 49%** of stressed adults report racing thoughts that prevent restful sleep



CALM™ offers a natural solution to combat these overwhelming feelings.

- LOWERS CORTISOL LEVELS NATURALLY
- BALANCES STRESS HORMONES FOR CALM RELAXATION
- REDUCES STRESS AND IMPROVES MOOD
- NON-DROWSY, SUITABLE FOR DAYTIME OR EVENING USE

IDEAL FOR

- Individuals with high-stress lifestyles
- Those experiencing occasional sleeplessness
- People seeking natural cognitive support
- Anyone looking to enhance overall well-being

*References: <https://www.forbes.com/health/mind/stress-statistics/>, <https://www.apa.org/news/press/releases/stress/2013/sleep#>, <https://news.gallup.com/poll/642704/americans-sleeping-less-stressed.aspx#>; -text=Survey%20findings%20show%20that%20stress,from%20not%20getting%20enough%20sleep.

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