

# Super Alpha Calm



## Clinical Applications

- Stabilizes nervous system
- Reduces anxiety & depression
- Improve sleep
- Improves learning & memory
- Brings feeling of calmness
- Improves symptoms of PMS & PMDD

## Discussion

Super Alpha Calm contains a special formulation of plant extracts and essential oils to provide optimal mental wellness. This blend is actually a tincture suspended in a pre-gelatin starch that once mixed with the fluids of the stomach is digested quickly and easily, making it a soothing option for people suffering from any GI distress. Each extract has mood stabilizing effects, helping with depression, anxiety, memory, and focus. In addition, the essential oils of lavender, petitgrain, and bergamot provide even more calming sensations. As a bonus, the addition of a compound called inositol sets Super Alpha Calm apart from PhytoCalm, another nervous system stabilizing supplement.

Inositol is a molecule found in high concentrations in the brain where it is imperative for communication between brain cells. Inositol acts like the signal between a computer and the internet; without a signal, no information can be downloaded. Without the help of inositol (signal), neurotransmitters (information) cannot be conveyed to the brain cells. Since neurotransmitters are the biggest players of neuro chemistry, they, with inositol, are responsible for regulating mood, productivity, stress management ability, learning, memory, sleep, food cravings, and addictions. Studies have shown supplementing with inositol has been effective in treating anxiety, panic attacks, depression, OCD symptoms, bulimia symptoms, mood swings from PMS and PMDD, and polycystic ovarian syndrome (PCOS).

<b>Supplement Facts:</b>	
Serving Size: 2 capsules      Servings Per Container: 60	
<b>Amount Per Serving</b>	<b>% Daily Values</b>
Proprietary blend.....	*
Concentrated extracts of: Passiflora incarnata (Passionflower), Crateagus oxycantha (Hawthorne) berry, Melissa officinalis (Lemon balm) leaf, Eschscholzia californica (California poppy) flower, Inositol, Lavandula angustifolia (Lavendar) flower oil, Citrus aurantium amara (Petitgrain) leaf oil, Citurs aurantium bergamia (Bergamot) fruit oil.	*
<b>*Daily value not established</b>	

**Other Ingredients:** trace mineral complex from sea water, gelatin capsule.

**Suggested Use:** Take 2 capsules 2-3 times per day, or as directed by a qualified health professional.

The ingredients in this product are supplied by well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. Supplements are manufactured by Time Laboratories [www.timelabs.com](http://www.timelabs.com) , 877-846-3522.

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



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