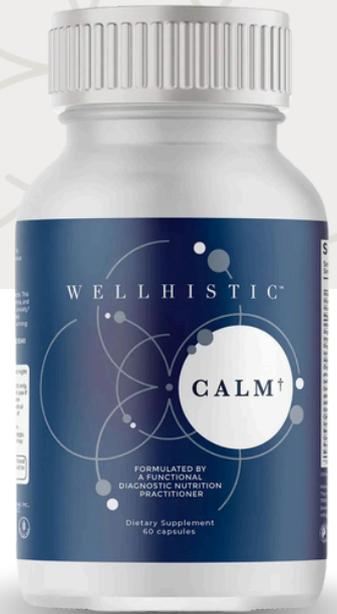


# SPECIFICATION SHEET

## CALM

Comprehensive Adaptogenic Nervous System Support



### CLINICAL APPLICATIONS

- Regulates cortisol and HPA axis activity in chronic stress\*
- Promotes calm focus and emotional resilience without sedation\*
- Supports restorative sleep and neurotransmitter balance\*
- Enhances cognitive clarity, memory, and mental performance\*
- Rejuvenates adrenal function and stress recovery pathways\*
- Provides adaptogenic support for anxiety, mood, and hormonal balance\*

### PRODUCT OVERVIEW

CALM is a clinical-grade adaptogenic matrix formulated for individuals with chronic stress, nervous system dysregulation, anxiety, and adrenal burnout. Designed for the modern stress response, this advanced formula synergistically supports the HPA axis, enhances neurotransmitter tone, improves sleep quality, and promotes emotional stability. Each ingredient is selected based on clinical research and tradition for stress recovery, nervous system nourishment, and resilience building.\*

*Why **CALM** Outperforms Standard Stress Supplements A Multilayered Formula That Goes Beyond L-Theanine or Magnesium Alone*

Most stress supplements rely on one or two ingredients—like L-theanine, GABA, or magnesium. While these compounds can offer short-term calm, they don't address the root causes of chronic stress and nervous system dysregulation.

**CALM** is a complete adaptogenic system. It supports the neuroendocrine, metabolic, cardiovascular, and neurotransmitter axes—all of which are affected by chronic stress.

### SUPPLEMENT FACTS

Serving Size: 2 Capsules  
Servings Per Container: 30  
Amount Per Serving %DV

Adaptogenic Proprietary Blend	535 mg**
Vitamin B1 (as Thiamin Mononitrate)	250 mcg 21%
Vitamin B2 (as Riboflavin)	250 mcg 19%
Vitamin B3 (as Niacin)	500 mcg 3%
Magnesium (as Magnesium Glycinate)	30 mg 7%

### Adaptogenic Mushrooms Blend

Organic Cordyceps (whole plant) (Cordyceps sinensis) (mycelium)	200 mg **
Organic Cordyceps (whole plant) (Cordyceps sinensis) (mycelium)	200 mg **
Adaptogenic Proprietary Blend	310 mg **
Relora® (a proprietary blend of patented extract from)	250 mg**

**Organic Astragalus Extract Powder** (Astragalus propinquus)(root)  
**KSM-66®** (Ashwagandha)(withania somnifera) (root)  
**Motherwort Extract** (Leonurus cardiaca)  
**Licorice Extract 4:1** (Glycyrrhiza glabra) (root)  
**Holy Basil Extract** (Ocimum sanctum) (std to contain 2% Ursolic Acid) (leaf)  
**Lemon Balm Extract** (Melissa officinalis)(leaf)

Calm Blend	
Suntheanine® (L-Theanine)	100 mg **
Banaba leaf extract (Lagerstroemia speciosa)	50 mg **
Gamma-Aminobutyric Acid (GABA)	40 mg **
Rosemary (Rosmarinus officinalis) (leaf)	15 mg **
Baikal Skullcap Extract (Scutellaria baicalensis) (root)	250 mg **

\*\* Daily Value (DV) Not Established

## 1 BALANCES CORTISOL AT THE SOURCE

- Ashwagandha reduces cortisol by 27%\*
- Holy Basil and Licorice help retrain cortisol rhythm\*
- Astragalus and Motherwort support adrenal feedback loops\*

## 2 CALMS THE MIND & BODY

- Synergistic stack: GABA, Suntheanine®, Magnesium Glycinate, Skullcap
- Supports calm without sedation and improves sleep architecture



# 3 NOURISHES VS. NUMBS

- B1, B2, B3 restore neurotransmitters and nerve energy
- Banaba and Magnesium regulate glucose and prevent stress crashes

# 4 RESTORES MITOCHONDRIAL RESILIENCE

- Cordyceps and Reishi rebuild energy and repair adrenal exhaustion

# 5 CLINICALLY DOSED FOR IMPACT

- No window-dressing; every ingredient is selected for published, measurable benefits

Feature	Basic Stress Supplements	CALM by Wellhistic
Single Ingredient (e.g., L-theanine, magnesium)	Fast but short-lived calm	Rapid + long-term resilience
Cortisol Regulation	Not addressed	Full HPA axis modulation
Neurotransmitter Balance	Partial	GABA, serotonin, acetylcholine pathways supported
Energy & Adrenal Recovery	Lacking	Mitochondrial & adrenal restoration
Cognitive & Emotional Health	Minimal	Enhanced memory, mood, sleep

Distributed by:

**The Holistic Detox LLC - #1274**  
 1401 Lavaca St  
 Austin, TX 78701  
 United States

[www.wellhistic.com](http://www.wellhistic.com) | [www.theholisticdetox.com](http://www.theholisticdetox.com)

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

# SCIENTIFIC DISCUSSION OF KEY INGREDIENTS



## Ashwagandha (*Withania somnifera*)

- Reduces cortisol by up to 27% in chronically stressed adults.
- Improves sleep onset, duration, and quality.
- Enhances working memory, focus, and processing.
- Safe for long-term use without adverse endocrine effects.

## Astragalus (*Astragalus membranaceus*)

- Regulates cortisol and boosts adrenal recovery.
- Enhances immunity, telomerase activity, and cognitive endurance under stress.
- Activates antioxidant enzymes to defend against oxidative burden.

## Motherwort (*Leonurus cardiaca*)

- Reduces stress-induced palpitations and irregular heartbeat.
- Used in European medicine for thyroid-related anxiety.
- Supports postpartum mood, cardiovascular tension, and nervous agitation.

## Cordyceps Mushroom (*Cordyceps sinensis*)

- Enhances ATP production and oxygen efficiency
- Regenerates adrenal vitality and stamina
- Aids physical recovery and boosts mental endurance

## L-Theanine (*Suntheanine®*)

- Boosts alpha wave activity and calm focus
- Enhances sleep architecture and stress regulation
- Safe for long-term use without dependency

## Lemon Balm (*Melissa officinalis*)

- Demonstrated full anxiety remission in 70% of participants within 15 days
- 85% of users reported better sleep quality
- Post-surgical patients showed 49% anxiety reduction and 54% sleep improvement

## Reishi Mushroom (*Ganoderma lucidum*)

- Contains triterpenoids that lower cortisol and modulate immunity
- Enhances parasympathetic tone and stress recovery
- Improves emotional balance and supports restful sleep

## Holy Basil (*Ocimum tenuiflorum*)

- Lowers cortisol and blood glucose levels.
- Enhances stress resilience and endurance.
- Improves fatigue, sleep, forgetfulness, and emotional clarity.
- Demonstrates significant mood-lifting effects over 60 days.

## Licorice Root (*Glycyrrhiza glabra*)

- Inhibits cortisol breakdown, enhancing adrenal cortisol recycling.
- Displays estrogenic and anti-inflammatory effects.
- Enhances stress adaptation and recovery.

## Magnesium Glycinate

- Promotes neuromuscular relaxation and parasympathetic activity
- Improves sleep quality and reduces anxiety symptoms
- Superior absorption and calming benefits due to glycine bonding

## GABA (*Gamma-aminobutyric acid*)

- Acts as the primary calming neurotransmitter in the CNS
- Decreases neuronal excitability and supports relaxation

## Rosemary (*Rosmarinus officinalis*)

- Improves memory recall and processing speed
- Shown to enhance cognitive performance at culinary doses (~750 mg)

## Skullcap (*Scutellaria lateriflora*)

- Enhances GABAergic transmission for natural anxiety relief
- Demonstrates neuroprotective antioxidant effects
- Calms nervous system hyperactivity without sedative effects

## Banaba Leaf (*Lagerstroemia speciosa*)

- Corosolic acid improves insulin sensitivity and reduces metabolic stress
- Regulates glucose within 60 minutes in clinical studies
- Reduces oxidative stress and stabilizes mood through metabolic balancing

## B VITAMINS (B1, B2, B3) – STRESS, COGNITION, AND MOOD

### B1 (Thiamine)

- Supports GABA uptake and calm emotional tone
- Promotes cardiovascular and neurological stability
- Known as the "anti-stress vitamin"

### B2 (Riboflavin)

- Essential for energy metabolism and antioxidant function
- Enhances cognitive clarity and memory

### B3 (Niacin/Niacinamide)

- Modulates stress-related neurotransmission
- Improves ATP production and reduces inflammation
- Calms anxiety and supports emotional well-being

#### Synergy:

Together, B1–B3 nourish the brain, support neurotransmitter synthesis, and optimize mood and focus under stress.

## SYNERGISTIC CLINICAL PATHWAYS

1

### HPA Axis Regulation

Ashwagandha, Holy Basil, and Licorice root lower cortisol  
Astragalus and Motherwort enhance adrenal stress tolerance

2

### Neurotransmitter Balance

GABA and L-Theanine support calm, focused energy  
Lemon Balm and Skullcap modulate GABA receptor activity  
B vitamins sustain neurotransmitter and mood balance

3

### Stress Recovery & Resilience

Cordyceps and Reishi restore physical and nervous system recovery  
Magnesium, Banaba, and adaptogens regulate metabolic and oxidative stress

## Supplement Facts

CALM contains clinically relevant doses of adaptogens, nervines, amino acids, and micronutrients to support the nervous system. All ingredients are rigorously tested for purity, potency, and bioavailability.\*

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### Directions for Use

Take 2 capsules daily, preferably in the evening or as recommended by a healthcare provider. For best results, use consistently for 6–12 weeks.\*

### Warnings & Safety

Not for use during pregnancy or breastfeeding. Consult your practitioner if using psychiatric or hormone-modulating medications. Keep out of reach of children. Store in a cool, dry place.

## MANUFACTURING STANDARDS

- FDA-registered, GMP-compliant facility 3rd-party tested for purity and potency Non-GMO | Vegan | Gluten-Free | Dairy-Free | Soy-Free



0% Toxins



Pure & Clean Process



No GMOs



No Green Sheen



3rd Party Tested



MADE IN USA FROM GLOBAL MATERIALS



DAIRY FREE



WOMEN OWNED BUSINESS



GMP PRACTICES



VEGAN FRIENDLY

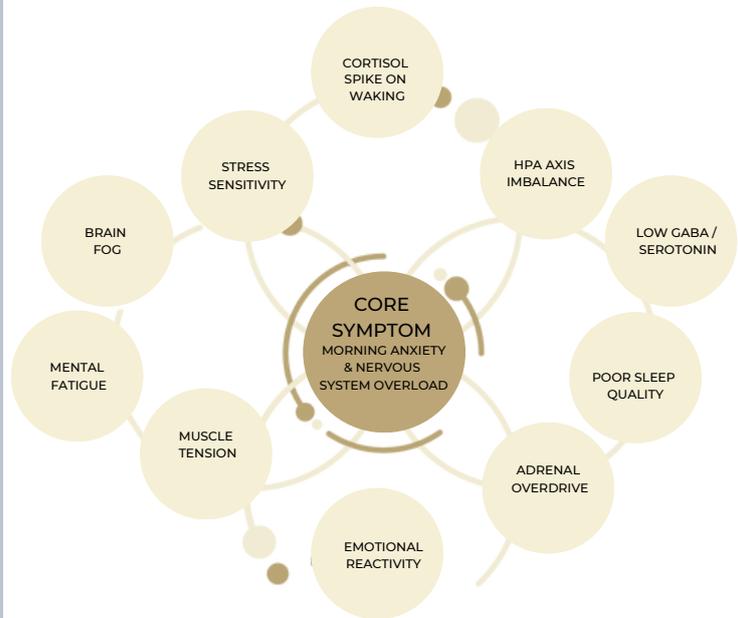


FDA REGISTERED FACILITY



GLUTEN FREE

### HOW CAN CALM SUPPORT YOU?



XX to your INVISIBLE BATTLES & UNSEEN STRENGTH,



**Carola Le-Wriedt, Founder  
Wellhistic & The Holistic Detox**

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