

Daily Calm

HELPS RELIEVE OCCASIONAL STRESS AND ANXIETY[‡]

Daily Calm combines GABA with clinically backed saffron (affron®), ashwagandha (KSM-66®) and L-theanine (Suntheanine®) to relieve feelings of occasional stress and anxiety. Together, these ingredients address common mental health needs while supporting mood and sleep quality with continued use.[‡]



Supports a positive mood[‡]



Supports a relaxed and alert mental state[‡]



Supports sleep and relaxation with continued use[‡]

WHO IS THIS SUPPLEMENT FOR?

- Patients experiencing feelings of occasional stress or anxiety
- Patients reporting unsatisfactory sleep



RESEARCH HIGHLIGHTS: MOOD[‡]

Standardized saffron extract (affron®) improved mood scores in healthy adults with low mood. In a double-blind trial, 128 adults self-reporting low mood, but not diagnosed with depression, received saffron or placebo for 4 weeks. Mood was measured at baseline and at the end of the study using validated questionnaires including the Profile of Mood States (POMS) questionnaire. The group receiving saffron (28 mg/day) exhibited a significant decrease in negative mood and symptoms related to occasional stress and anxiety, including improvements in all POMS subscale scores (Figure 1).¹

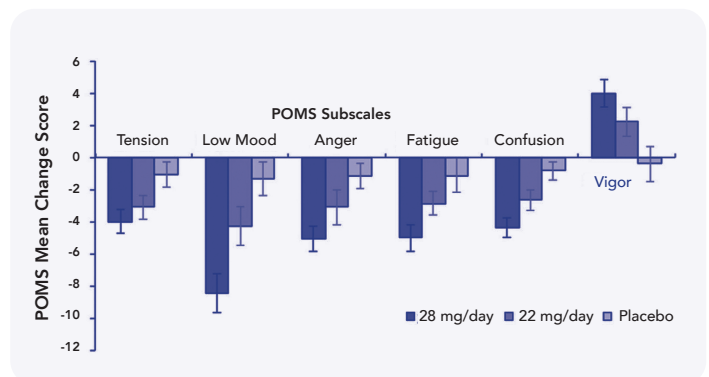


Figure 1. Saffron (affron®) improved Profile of Mood States (POMS) subscales in healthy adults after 28 days.¹

[‡]This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

RESEARCH HIGHLIGHTS: SLEEP[‡]

Saffron extract (affron®) supported sleep quality in adults. In a double-blind clinical trial, 63 healthy adults were randomized to receive either saffron extract (affron; 14 mg twice daily) or placebo for 28 days. Saffron significantly improved total sleep scores, including Restorative Sleep Questionnaire (RSQ) and Pittsburgh Sleep Diary (PSD) compared to placebo.²

Saffron extract (affron®) supported sleep quality and mood ratings upon awakening in adults with self-reported unsatisfactory sleep. In a double-blind clinical trial, 120 subjects were randomized to receive placebo, 14 mg or 28 mg of standardized saffron extract (affron®), 1 hour before bed for 28 days. Both doses of saffron produced comparable and significant improvements in mean sleep quality ratings (Figure 2) and mood ratings after awakening compared to placebo.³

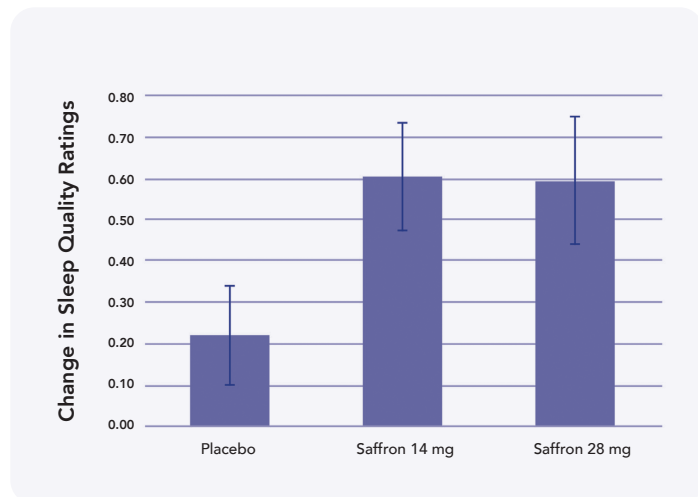


Figure 2. Improvement in mean sleep quality ratings from baseline in subjects receiving saffron extract (affron®) or placebo after 28 days (error bars depict SE).³



RESEARCH HIGHLIGHTS: OCCASIONAL STRESS AND ANXIETY[‡]

Ashwagandha (KSM-66) supplementation (300 mg twice daily) for 8 weeks reduced mean cortisol response by 33% in adults experiencing high stress levels. In a double-blind trial, 60 participants with high perceived stress scores were randomized to receive KSM-66 Ashwagandha® extract (125 mg or 300 mg) or placebo twice daily for 8 weeks. A significant reduction in perceived stress scale (PSS) scores was observed with both doses of ashwagandha compared to the placebo group. Mean cortisol response decreased by 17% and 33% in the groups receiving 125 mg and 300 mg twice daily, respectively, after 8 weeks. Subjects receiving ashwagandha also exhibited significant improvements in sleep quality.⁴

L-Theanine (Suntheanine®) reduced stress-related symptoms and supported sleep quality in healthy adults.

In a double-blind crossover trial, 30 healthy adults received L-theanine (200 mg Suntheanine®/day) or placebo for 4 weeks. L-theanine significantly improved stress-related symptoms, including low-mood symptoms and occasional anxiety per validated questionnaires and sleep (Pittsburgh Sleep Quality Index; PSQI) scores compared to placebo.⁵

MECHANISMS OF ACTION†

Preclinical data suggest that **saffron** supports mood by modulating cytokine production in the central nervous system (CNS). Increased production of BDNF (brain derived neurotrophic factor) has been demonstrated in animal models.⁶

As an adaptogen, **ashwagandha** supports normalization of the HPA axis.^{4,7} Ashwagandha may also modulate cytokine production in the CNS by inhibiting NFkappaB.⁸

L-theanine is an analog of glutamate, the major excitatory neurotransmitter in the brain. By virtue of its structural similarity, L-theanine competes with glutamine for uptake into presynaptic terminals. This limits the synthesis and abundance of glutamate available for release into the synapse and subsequent activation of glutamate receptors (Figure 3).⁹⁻¹¹

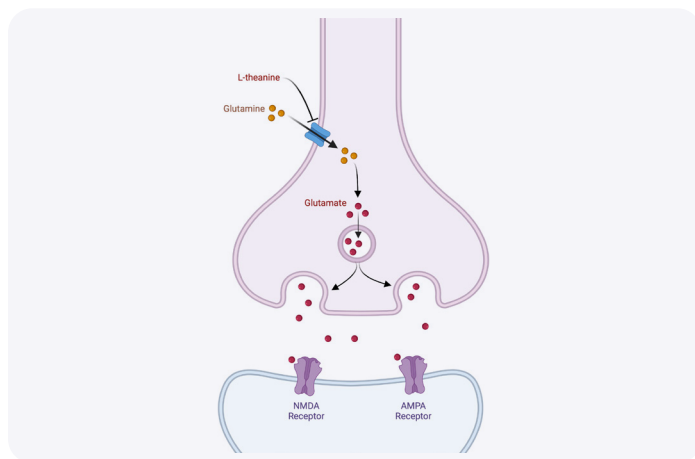


Image created with BioRender.com

Figure 3. L-theanine inhibits excitatory glutamate neurotransmission by reducing glutamine import into presynaptic terminals. This limits the synthesis of glutamate, with less available for release and activation of glutamate receptors (NMDA and AMPA), which relay excitatory signals in the CNS.



Protect your patients' peace of mind during the everyday stressors of modern life with our **Daily Calm** formula. Featuring GABA and three clinically studied extracts, L-theanine (Suntheanine®), ashwagandha (KSM 66®) and saffron (affron®), this formula **supports relief for occasional anxiety, promotes positive mood, healthy sleep and a relaxed and alert mental state with continued use.**†

Supplement Facts

0.925 in



1 capsule, 2 times daily between meals.

One (size 00) capsule contains:

KSM-66 Ashwagandha® (<i>Withania somnifera</i>) extract (root)	300 mg
GABA (gamma-aminobutyric acid)	100 mg
L-Theanine (Suntheanine®)	100 mg
affron® saffron (<i>Crocus sativus</i>) extract (stigma) (standardized to contain 3.5% Lepticosalides®)	15 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

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Suntheanine® is a registered trademark of Taiyo International, Inc.

affron® & Lepticosalides® are trademarks owned by Pharmactive Biotech Products SLU

Mental Health & Stress Support



Daily Calm	Quantity	Order Code
	60	DCM6

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