MENTAL HEALTH & STRESS SUPPORT

Calm Mind

PROMOTES A CALM STATE OF MIND‡

Calm Mind combines two clinically studied botanical extracts, saffron (affron®) and enhanced bioavailability curcumin (Theracurmin®), to **support a positive mood, a calm state of mind, emotional well-being and restful sleep with continued use**.[1-10‡]

- Supports emotional well-being‡
- Supports a positive mood and emotional outlook‡
- Promotes a calm state of mind‡
- Supports sleep with continued use‡

WHO IS THIS SUPPLEMENT FOR?‡

- Patients seeking support for mood
- Patients experiencing occasional stress and/or sleeplessness

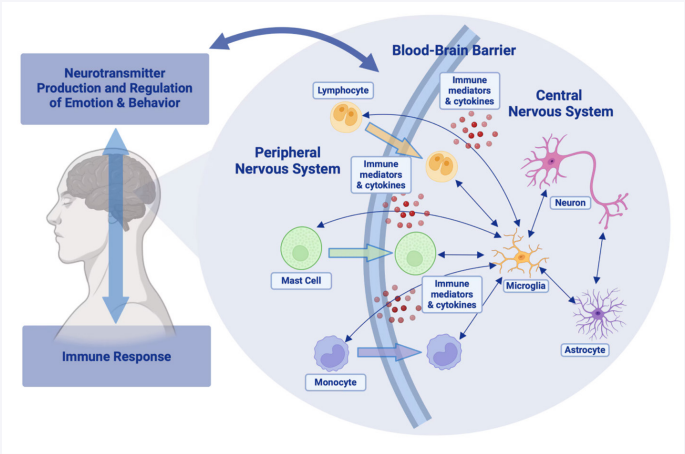

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Figure 1. Progress in the field of neuroimmunology has established a bidirectional relationship between the brain and immune system, which influences mood regulation. Immune cells, such as lymphocytes, mast cells, monocytes and microglia, produce cytokines, which cross the blood brain barrier and influence neurons that regulate mood.[11-12]

MECHANISMS OF ACTION‡

Immunomodulation and neurotransmission. The regulation of mood and emotional state is influenced by the immune system. Emerging research shows an impactful role of immune mediators known as cytokines.[5] Cytokines can influence key pathways responsible for the synthesis and function of neurotransmitters such as serotonin. Lower plasma levels of certain cytokines, such as IL-6 and TNF-α, are associated with positive mood and emotional well-being.[5,6]

In preclinical models, curcumin moderates the production of the cytokines IL-1β, IL-6 and TNF-α.[5,6] and moderates pro-inflammatory cytokine pathways in the brain.[7,8] Mechanistic studies also suggest that saffron supports mood by modulating cytokine production and neurotransmission in the central nervous system (CNS).[9,10]

Enhanced curcumin bioavailability. Poor solubility and oral bioavailability of curcumin limits its ability to enter the systemic circulation and brain. Theracurmin® utilizes a patented, colloidal technology to enhance dispersion, intestinal absorption and blood levels. Theracurmin® is 27 times more bioavailable than standard curcumin (Figure 1).[14]

RESEARCH HIGHLIGHTS: MOOD‡

Standardized saffron extract (affron®) supported positive mood scores in healthy adults with low mood. In a double-blind trial, 128 adults self-reporting low mood 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 3).[1]

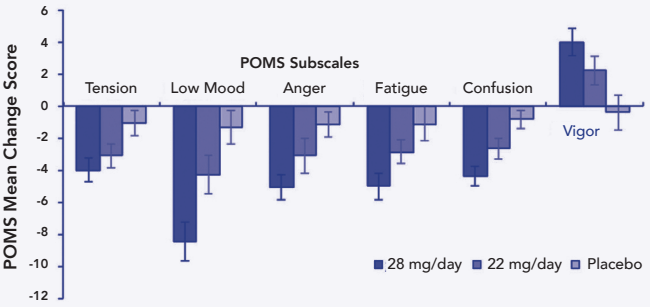

Figure 3. Saffron (affron®) improved Profile of Mood States (POMS) subscales in healthy adults after 28 days.[1]

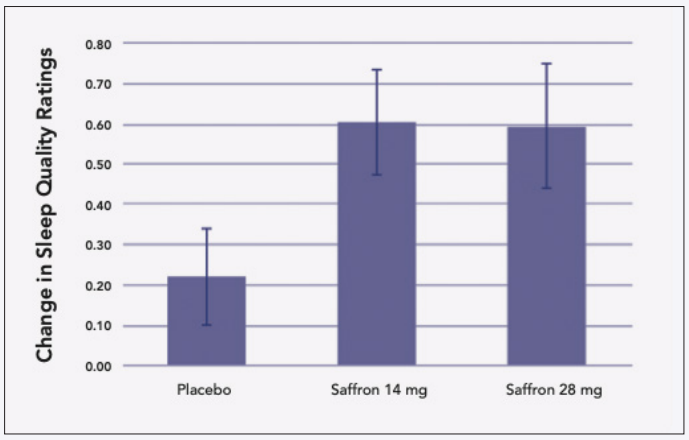

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Figure 4. Changes in mean sleep quality ratings from baseline in subjects receiving saffron extract (affron®) or placebo after 28 days (error bars depict SE).[3]

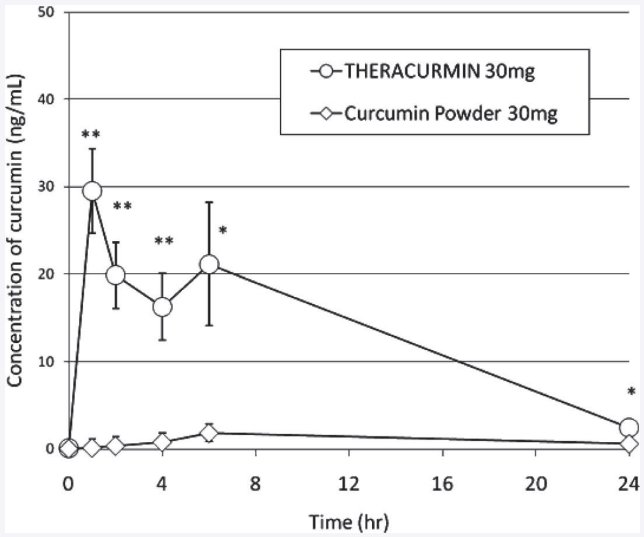

Figure 2. Theracurmin® is 27 times more bioavailable than standard curcumin. Results of a human pharmacokinetic study indicate a 27-fold increase in area under the plasma concentration-time curve relative to an equivalent single 30 mg dose of standard curcumin powder. Data represent mean +/-S.E. *p<0.05; **p<0.01.[14]

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 showed to cause significant changes in total sleep scores,, including Restorative Sleep Questionnaire (RSQ) and Pittsburgh Sleep Diary (PSD) compared to placebo.[4]

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 postivie changes in mean sleep quality ratings (Figure 4) and mood ratings after awakening compared to placebo.[3]

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Supplement Facts

1 capsule, 2 times daily, between meals.

One (size 00) capsule contains:

Theracurmin® turmeric (*Curcuma longa L.*) extract (rhizome) (standardized to contain 30% curcumin)	300 mg
Affron® saffron (*Crocus sativus*) extract (stigma) (standardized to contain 3.5% Lepticrosalides™)	15 mg

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

WARNING: If you are pregnant or lactating, have any health condition or taking any medication, consult your healthcare professional before use.

Theracurmin® is a registered trademark of Theravalues Corporation used under license by Pure Encapsulations.

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Calm Mind	Quantity	Order Code
	60	CLM6

RESEARCH HIGHLIGHTS: MEMORY‡

Theracurmin® enhanced short-term, verbal and visual memory and attention in middle-aged and elderly adults. In a study of 40 adults (51–84 years of age), Theracurmin® containing 90 mg curcumin twice daily for 18 months significantly improved short-term, verbal and visual memory and attention.[15]

POTENTIAL INTERACTIONS

- Curcumin may potentiate the glucose-lowering effects of metformin and glyburide.[16,17] Monitor for changes in glycemic control if you decide to proceed with this combination.
- Curcumin may increase plasma levels of sulfasalazine.[18]

To check whether a medication may have clinically significant interactions with [nutrients and] ingredients based on doses commonly used in dietary supplements, visit our **Drug-Nutrient Interaction Checker**.

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