

Calm Mind

Supports emotional well-being[‡]

INDICATIONS

- Patients seeking support for mood and emotional well-being[‡]
- Patients experiencing occasional stress and/or sleeplessness

BENEFITS

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

FEATURES

- Clinically studied saffron (affron[®])
- Clinically studied curcumin (Theracurmin[®]) with 27x enhanced bioavailability

VERIFIABLE SCIENCE

Calm Mind combines two clinically studied botanical extracts, saffron (affron[®]) and curcumin (Theracurmin[®]), to support a positive mood, a calm state of mind and emotional well being. In a double-blind trial involving 128 adults self-reporting low mood, saffron (affron[®], 28 mg/day) resulted in a significant decrease in negative mood and symptoms related to stress after 4 weeks compared to placebo.¹ Other studies indicate that saffron also supports sleep with continued use.²⁻⁴ The regulation of mood and emotional state is influenced by the immune system, and emerging research an impactful role of immune mediators known as cytokines.⁵ 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-1 β , IL-6, and TNF- α .^{5,6} and moderates pro-inflammatory cytokine pathways in the brain.^{7,8} However, the low oral bioavailability of curcumin may limit its ability to support brain function. Theracurmin[®] is 27 times more bioavailable than standard curcumin.⁹ 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.^{10‡}

SUGGESTED USE

As a dietary supplement, take 1 capsule, 2 times daily, between meals, or as directed by a health professional.

STORAGE

Store in a cool, dry place.

WARNING

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

Keep out of the reach of children.

SOURCE

- Turmeric extract is derived from *Curcuma longa L.* rhizome and standardized for curcumin
- Saffron extract is derived from *Crocus sativus stigma* and standardized for Lepticrosalides[™]
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil
- Hypo-allergenic plant fiber is derived from pine cellulose

NOTES

Size 00 caps

Bottle count 60 capsules

Order code CLM6

Bottle size 150cc

REFERENCES

1. Kell G, et al. *Complement Ther Med.* 2017 Aug;33:58-64.
2. Nishide A, et al. *Jpn Pharmacol Ther.* 2018;46:8.
3. Lopresti AL, et al. *Sleep Med.* 2021 Oct;86:7-18.
4. Lopresti AL et al. *J Clin Sleep Med.* 2020 Jun 15;16(6):937-947.
5. Hassamal S. *Front Psychiatry.* 2023 May 11;14:1130989.
6. Fan N, et al. *Hum Psychopharmacol.* 2017 Jul;32(4).
7. Fan C, et al. *Neuroscience.* 2018 Nov 10;392:92-106.
8. Wang Z, et al. *Behav Brain Res.* 2014 Nov 1;274:282-90.
9. Sasaki H, et al. *Biol Pharm Bull.* 2011;34(5):660-5.
10. Small GW, et. al. *Am J Geriatr Psychiatry.* 2018 Mar;26(3):266-277.

SUPPLEMENT FACTS

Calm Mind

Supports emotional well-being†

1 capsule, 2 times daily, between meals.

One (size 00) capsules contains:

Theracurmin® turmeric (<i>Curcuma longa</i> L.) extract (rhizome) (standardized to contain 30% curcumin)	300 mg
Affron® saffron (<i>Crocus sativus</i>) extract (stigma) (standardized to contain 3.5% Lepticrosalides™)	15 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

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Calm Mind	Quantity	Order Code
	60	CLM6

†Visit PureEncapsulations.com for more information about our GMO policy.