

# Daily Calm

Helps relieve occasional stress<sup>‡</sup>

## INDICATIONS

- Ages 18 and up
- Occasional anxiety<sup>‡</sup>
- Occasional stress<sup>‡</sup>

## BENEFITS

- Supports relaxation with continued use<sup>‡</sup>
- Supports a positive mood<sup>‡</sup>
- Supports a relaxed and alert mental state<sup>‡</sup>
- Supports sleep with continued use<sup>‡</sup>

## FEATURES

- Clinically studied L-theanine (Suntheanine®)
- Clinically studied ashwagandha (KSM-66®)
- Clinically studied saffron (affron®)

## VERIFIABLE SCIENCE

Daily Calm combines L-theanine, saffron, GABA, and ashwagandha to relieve occasional stress and anxiety while supporting a positive, relaxed mood and emotional well-being. Suntheanine®, a trademarked L-theanine, supports a relaxed and alert mental state. A four-week randomized clinical trial using L-theanine found support for stress-related symptoms.<sup>1</sup> Clinical research shows that saffron, a widely studied spice derived from the flower of *Crocus sativus*, supports emotional well-being and positive mood.<sup>2-4</sup> Clinical studies also show that saffron supports sleep with continued use.<sup>5,6</sup> Ashwagandha, an adaptogenic herb, helps the body adapt to stress by restoring balance. Studies show that ashwagandha supports a calm, relaxed mood, helping to relieve occasional anxiety and stress.<sup>7-9</sup> Together, these ingredients support multiple aspects of emotional wellness, helping to relieve occasional stress and anxiety while supporting a positive emotional outlook and sleep quality with continued use<sup>‡</sup>

## 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

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. **Keep out of the reach of children.**

## SOURCE

- Ashwagandha extract is derived from *Withania somnifera* root and standardized for withanolides
- GABA (gamma-aminobutyric acid) and L-theanine are synthetic
- Saffron is derived from *Crocus sativus* stigma extract and standardized for Lepticrosalides®

## NOTES

Size 00 caps

Bottle count 60

Order code DCM6

Bottle size 150cc

## REFERENCES

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3. Kashani L, Eslatmanesh S, Saedi N, et al. *Pharmacopsychiatry*. 2017 Mar;50(2):64-68. doi: 10.1055/s-0042-115306.
4. Kell G, Rao A, Beccaria G, et al. *Complement Ther Med*. 2017 Aug;33:58-64. doi: 10.1016/j.ctim.2017.06.001.
5. Pachikian BD, Copine S, Suchareau M, Deldicque L. *Nutrients*. 2021 Apr 27;13(5):1473. doi: 10.3390/nu13051473.
6. Lopresti AL, Smith SJ, Metse AP, Drummond PD. *J Clin Sleep Med*. 2020 Jun 15;16(6):937-947. doi: 10.5664/jcsm.8376.
7. Langade D, Kanchi S, Salve J, Debnath K, Ambegaokar D. *Cureus*. 2019 Sep 28;11(9):e5797. doi: 10.7759/cureus.5797.
8. Salve J, Pate S, Debnath K, Langade D. *Cureus*. 2019 Dec 25;11(12):e6466.
9. Kelgane SB, Salve J, Sampara P, Debnath K. *Cureus*. 2020; 12(2): e7083.

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## SUPPLEMENT FACTS

1 capsule, 2 times daily between meals.

One (size 00) capsule contains:

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

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

KSM-66 Ashwagandha® is a registered trademark of Ixoreal Biomed Inc.

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

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



Daily Calm	Quantity	Order Code
	60	DCM6

<sup>†</sup>Visit [PureEncapsulations.com](https://PureEncapsulations.com) for more information about our GMO policy.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.