

Rapid Calm

Rapid-acting support for occasional anxiety (<1 hr)[‡]

INDICATIONS

- Ages 18 and up
- Support for occasional anxiety in less than one hour[‡]
- Support for occasional stress[‡]

BENEFITS

- Helps to moderate general feelings of stress and occasional anxiety[‡]
- Provides vitamin B6, a cofactor in the biosynthesis of serotonin[‡]

FEATURES

- Contains clinically studied Zembrin[®]
- Contains Suntheanine[®], a clinically studied L-theanine

VERIFIABLE SCIENCE

Rapid Calm delivers rapid-acting support for occasional anxiety in less than one hour. Zembrin[®], a patented extract of *Sceletium tortuosum*, has been clinically studied and shown to help moderate general feelings of stress and occasional anxiety. In a clinical trial, a single dose of 25 mg Zembrin[®] reduced perceived levels of occasional anxiety and its physical symptoms, such as elevated heart rate, in healthy volunteers, within 1 hour.¹ In another randomized clinical trial, a single 25 mg dose of Zembrin[®] moderated fear responsivity and activation of the brain's amygdala, assessed using pharmaco-fMRI.² The amygdala is a part of the brain that reacts to threats and communicates with the rest of the related areas of the brain to regulate feelings of fear and nervousness in threatening situations. In vitro evidence indicates that Zembrin[®] might work by inhibiting serotonin reuptake, prolonging the effects of serotonin.³ Serotonin is a neurotransmitter involved in relaxation and mood. L-theanine complements Zembrin[®] by supporting a relaxed and alert mental state.⁴ Vitamin B₆ is a cofactor in the biosynthesis of serotonin.⁵ This formula is ideal for as-needed relief from occasional everyday stressors.[‡]

SUGGESTED USE

As a dietary supplement, take 1 capsule as needed, with or 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

- Vitamin B₆ and L-theanine are synthetic
- *Sceletium tortuosum* is derived from aerial parts extract

NOTES

Size 0 caps

Bottle count 30

Order code RCM3

Bottle size 75cc

REFERENCES

1. Reay J, Wetherell MA, Morton E. *Hum Psychopharmacol*. 2020 Nov;35(6):1-7. doi: 10.1002/hup.2753. Epub 2020 Aug 6. PMID: 32761980.
2. Terburg D, Syal S, Rosenberger LA, et al. *Neuropsychopharmacology*. 2013 Dec;38(13):2708-16. doi: 10.1038/npp.2013.183.
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4. Hidese S, Ogawa S, Ota M, et al. *Nutrients*. 2019 Oct 3;11(10):2362. doi: 10.3390/nu11102362.
5. Blau N, Pearson TS, Kurian MA, et al. 2023 Oct 12. In: Adam MP, Feldman J, Mirzaa GM, et al., editors. GeneReviews[®] [Internet]. Seattle (WA): University of Washington, Seattle; 1993-2024.

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SUPPLEMENT FACTS

1 capsule as needed, with or between meals.

One (size 0) capsule contains:

Vitamin B ₆ (as pyridoxine HCl)	10 mg
Zembrin® Sceletium tortuosum extract (aerial parts)	25 mg
L-Theanine (Suntheanine®)	200 mg

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

Zembrin® is a registered trademark of HG&H Pharmaceuticals (Pty) Limited.

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



Rapid Calm	Quantity	Order Code
	30	RCM3

[‡]Visit 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.



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