



# Calm Eze

Support for Healthy Stress Management\*

Let's face it, stress is a part of life, and over time this can have deleterious effects on one's health if it's not properly managed. In fact, estimates suggest that over 65% of adults deal with some form of stress. This is where NutriDyn Calm Eze comes in—an all-natural supplement comprised of key ingredients that promote relaxation and help manage distress.\*

## How Calm Eze Works

Calm Eze has been formulated with L-Theanine (from Suntheanine®) and gamma-aminobutyric acid (GABA), two ingredients that act as natural anxiolytics by increasing levels of GABA in the brain.\*<sup>1</sup> GABA is a neurotransmitter that is the primary inhibitor of the central nervous system (CNS) in humans.<sup>2</sup> When GABA levels increase in the brain, excitability decreases and relaxation ensues. Research also suggests that GABA administration significantly increases alpha waves and decreases beta waves in the brain, thereby reducing anxiety.\*<sup>3</sup>

## Calm Eze Supplementation

Given the importance of proper rest, relaxation, and tranquility on your health/well-being, individuals stand to benefit from Calm Eze in a variety of ways. Below are some of the most pertinent research-backed benefits derived from Calm Eze:<sup>3,4,5</sup>

- Supports relaxation\*
- Promotes restful sleep\*
- Supports calmness\*
- Supports cognitive functions\*



**Form: 60 Capsules**

**Serving Size: 2 Capsules**

| Ingredients                    | Amount | %DV |
|--------------------------------|--------|-----|
| GABA (gamma-aminobutyric acid) | 550 mg | *   |
| L-Theanine (Suntheanine®)      | 200 mg | *   |

### Other Ingredients:

Vegetable capsule, microcrystalline cellulose, vegetable magnesium stearate, silicon dioxide.

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

### Directions:

Take two capsules daily as a dietary supplement, or as directed by your healthcare practitioner.

*Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.*



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A  
cGMP FACILITY

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

#### References:

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3. Abdou, A. M., Higashiguchi, S., Horie, K., Kim, M., Hatta, H., & Yokogoshi, H. (2006). Relaxation and immunity enhancement effects of  $\gamma$ -aminobutyric acid (GABA) administration in humans. *Biofactors*, 26(3), 201-208.
4. Lardner, A. L. (2014). Neurobiological effects of the green tea constituent theanine and its potential role in the treatment of psychiatric and neurodegenerative disorders. *Nutritional neuroscience*, 17(4), 145-155.
5. Nitz, D., & Siegel, J. (1997). GABA release in the dorsal raphe nucleus: role in the control of REM sleep. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*, 273(1), R451-R455.