



Calm Response[™]

Supports a healthy emotional response[♦]

- Calming botanical blend including skullcap, bacopa and passionflower
- Adaptogenic support of ashwagandha
- Amino acid L-theanine supports relaxation

43006 - 60 tablets

Formulation Improvement

Calm Response has undergone an exciting transformation! We've maintained the same purity and efficacy. We've created a botanical blend with research driven ingredients and combined them with L-Theanine.

Calm Response is expertly crafted with calming, soothing botanicals and nutrients known to help replenish and gently support the body during times of stress.

The Keys To Calm

All of the botanicals in this formula are provided in the quantities consistent with traditional tonic use of herbs.

Ashwagandha and bacopa are renowned nervine tonics, revered for the support they supply in strengthening and toning the nervous system.♦

The inclusion of passionflower and skullcap supports a calm, healthy nervous system in the moment.♦

Another key substance is the amino acid L-Theanine, which preliminary research suggests may support concentration and mental stamina.♦

With a superior synergy of nutrients, Calm Response is a unique formulation providing exceptional support during periods of stress.



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A Look At Key Ingredients:

- **Ashwagandha**, a double-blind, placebo-controlled study, published in 2000, with 2 week and 6 week follow up assessments found ashwagandha extract has the capability to promote healthy responses to stress, which is key to maintaining an optimal level of health.*¹
- **Bacopa**, a comparative analysis of *bacopa monniera*, published in 2010, observed its potential for supporting a healthy response to emotional stress.*²

L-Theanine, a key amino acid in supporting an overall state of well-being and healthy sleep habits, was part of a study published in 2012.*³

Source:

1. Andrade C, et al. A double-blind, placebo-controlled evaluation of the anxiolytic efficacy of an ethanolic extract of *Withania somnifera*. *Indian J Psychiatry*. 2000 Jul;42(3):295-301.
2. Chatterjee M, et al. Comparative evaluation of *Bacopa monniera* and *Panax quinquefolium* in experimental anxiety and depressive models in mice. *Indian J Exp Biol*. 2010 Mar;48(3):306-13.
3. Yoto A, et al. Effects of L-theanine or caffeine intake on changes in blood pressure under physical and psychological stresses. *J Physiol Anthropol*. 2012 Oct 29;31(1):28.

Supplement Facts

Serving Size 2 Capsules

Amount per Serving	% Daily Value ▼
Vitamin C (Ascorbyl Palmitate)	2 mg 3%
Ashwagandha Root Extract	500 mg *
Holy Basil Extract	400 mg *
<i>Bacopa monnieri</i> Leaf Extract (20%bacosides)	200 mg *
Skullcap Extract (4:1).....	200 mg *
L-Theanine	100 mg *
Passionflower Extract (4:1).....	100 mg *

* Daily Value not established

Other Ingredients: Cellulose.

For more information,
please call 800.634.6342
www.innateresponse.com

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