

## CALMALOE

With plant extracts, theanine, tryptophan and vitamins

**CALMALOE** is a great formulation of standardised vegetable extracts, amino-acids, vitamins from the B group and Aloe Vera. Synergy has been looked for between its components so it has an excellent activity on the nervous system in different brain areas, on various neurotransmitters in cognitive and emotional disorders, on anxiety and depression states and on neuro-vegetative disorders.

It has **HYPERICUM** about which different studies indicate that has an excellent use on the treatment of mild and moderate depression, anxiety states and disorders related with changes during the climacteric.

### ACTIVE INGREDIENTS

**VALERIAN** has an important sedative and sleep inducing action so its use is recommended in cases of tension, anxiety, irritability and to help fall asleep.

**PASSIONFLOWER** has an important muscle relaxant and spasmolytic activity which helps to calm menstrual cramps. It works as a natural hypnotic, it is anxiolytic by stimulating the GABA receptors and it is helpful during the cessation of psychotropics.

**LAVENDER** has very good properties on anxiety, depression and nervous exhaustion.

**CALIFORNIAN POPPY** due to its combination of alkaloids, it has a sedative, anxiolytic and antispasmodic action

**ALOE VERA JUICE**, that apart from the nutrients that adds, it improves the bioavailability of its components.

**L-THEANINE**, trace-element from the tea, that increases the GABA levels, Serotonin and Melatonin, sedative neurotransmitters that enhance concentration and mental alertness, mood and sleep quality.

**TRYPTOPHAN**, pioneer of the Melatonin, vital to regulate the daily sleep-wake cycle and of the Serotonin, anxiolytic and anti-depressant.

**VITAMINS** from the B group (B3, B6, B1 and B12), needed to produce energy to the brain and for being pioneers of the GABA, Serotonin and Dopamine which deficiency is associated with headache, premenstrual syndrome and anxiety.

And **CHOLINE**, that apart from favouring the synthesis of the acetylcholine, it favours the memory and mental activity.

### MODE OF USE

2 or 3 capsules a day, before lunch and dinner, it can be increased in severe cases and sleep disturbances. Use out of meals.

### COMPOSITION PER EACH 2 CAPSULES

Hypericum dry extract: 160 mg, L-Theanine: 150 mg, lavender dry extract: 100 mg, valerian dry extract: 100 mg, californian poppy dry extract: 100 mg, passionflower dry extract: 100 mg, L-Tryptophan: 100 mg, choline: 100 mg, aloe juice 200:1: 10 mg, vitamin B3: 8 mg, vitamin B6: 0,7 mg, vitamin B1: 0.55 mg, vitamin B12: 1,25 µg.



Package with 60 capsules (ref.2084)

### FORMULA (Ingredients)

Hipericum dry extract, L-Theanine, Lavender dry extract, Valerian dry extract, Californian poppy dry extract, Passionflower dry extract, L-Tryptophan, Choline, Aloe Vera 200:1, Anti-caking agent (Magnesium stearate and silicium Dioxide), Vitamin B3 (Nicotinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (Thiamine), Vitamina B12 (Cyanocobalamin)

#### DID YOU KNOW THAT...?

*TRYPTOPHAN is a pioneer of serotonin that is why it is considered an anti-depressant. It will also help us to control appetite, calming therefore the continuous urge to be snacking throughout the day.*

### CAUTION

In case of being taking a treatment for severe depressions, consult with a qualified professional.