



Select key ingredients

Banaba leaf extract (18% corosolic acid)

- Selectively inhibits 11 β -hydroxysteroid dehydrogenase 1 (11 β -HSD1), an enzyme that catalyzes the conversion of cortisone into cortisol^{1,2*}

L-theanine

- Amino acid that acts as a glutamate receptor antagonist^{3*}

Mucuna cochinchinensis (99% L-DOPA)

- Natural source of L-DOPA⁴

Phosphatidylserine

- Thought to interact with cell membranes in order to dampen hypothalamic signaling and regulate the stress response^{5*}

Rhodiola rosea (5% rosavins)

- Considered an adaptogen because of its ability to increase the body's resistance to stressors^{6,7*}

Taurine

- Neuroprotective amino acid that provides antioxidant protection and demonstrates GABA-A agonist activity^{8-10*}

*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.

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Anxiousness/Stress

Glutamatergic signaling underlies mechanisms related to anxiousness and stress.¹¹ GABA is the primary inhibitory neurotransmitter in the brain, meaning its central role is to balance excitability of neurons.¹⁷



Calm G

5-MTHF, Alpha-lipoic acid, CoQ10, L-theanine, L-cysteine, L-methionine

Contains a blend of ingredients important for regulating glutamate activity, stress-reduction, metabolic health, and mitochondrial function*

GABA Trex

L-theanine

Chewable tablets containing L-theanine, an amino acid shown to reduce stress*

Calm PRT

Rhodiola rosea, Phosphatidylserine, Glycine, Taurine

Contains ingredients important for sleep, regulating the stress response, and reducing anxiousness*



Energy

Environmental and physiological stressors can result in the expedited release and turnover of catecholamines.¹² Fatigue can be caused by depletion of catecholamines that include dopamine, norepinephrine, and epinephrine.¹³



AdreCor

5-MTHF, B and C vitamins, Green tea leaf extract, L-methionine, L-tyrosine, *Rhodiola rosea*

Contains non-glandular ingredients important for adrenal health and reducing stress-induced fatigue*

Balance D

5-MTHF, Vitamin B6 and C, *Mucuna cochinchinensis*, N-acetyl-L-cysteine, N-acetyl-L-tyrosine

Contains ingredients important for the synthesis of dopamine, a catecholamine important for positive affect, mood, cognition, and craving control*

ExcitaPlus

5-MTHF, Vitamin B6 and C, L-methionine, L-tyrosine, *Mucuna cochinchinensis*, *Rhodiola rosea*

Contains non-glandular ingredients important for adrenal health and reducing stress-induced fatigue* Provides over three times the L-tyrosine and six times the *Rhodiola* per capsule compared to AdreCor.



Sleep

The neurotransmitter serotonin and the adrenal hormone cortisol play an important role in sleep-wake function.¹⁴ GABA is the primary inhibitory neurotransmitter in the brain important for sleep.¹⁵⁻¹⁷



Calm CP

Banaba leaf, Glycine, Phosphatidylserine, Taurine

Decreases cortisol levels and provides ingredients important for calm, sleep, and management of blood sugar*

Alpha GABA PM

5-HTP, Lemon balm, L-theanine, Melatonin, Valerian root

Researched blend of botanicals and 400 mg of L-theanine shown to induce calming brain waves and naturally improve sleep during times of stress*

TravaCor

5-HTP, 5-MTHF, B and C vitamins, L-theanine, Taurine

Contains a blend of ingredients shown to improve mood and reduce stress*

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