



# Calm

- Supports healthy, quality, restful sleep
- Relieves occasional sleeplessness
- Calms the nervous system + helps reduce stress



Say goodnight with Calm. This advanced natural herbal blend is designed to help relieve occasional sleeplessness. Promoting a deep, restful night's sleep, Calm leaves you feeling fresh and energized in the morning, without the "hangover effect" associated with other sleep aids.

### What are the benefits of Calm?

Designed to help relieve occasional sleeplessness, Calm promotes a deep, restful night's sleep and leaves you feeling fresh and energized in the morning.

### Why does Calm not contain melatonin?

Melatonin is a hormone involved in the synchronization of the 24-hour daily "circadian" rhythms, including sleep timing. Melatonin levels rise at the onset of darkness, thus signaling the body and mind to sleep. Melatonin has shown promise as a short-term remedy for the temporary treatment of disrupted sleep/wake cycles such as jet lag and

night shift work, where it can be used to induce drowsiness, help users fall asleep faster, and thus "reset" sleep patterns. However, frequent and continued use of melatonin (more than a few days) can induce a "dependence" whereby the brain down-regulates its own normal production of melatonin, thus interfering with long-term natural sleep quality.

### What side effects are associated with Calm?

Beyond is unaware of any known adverse side effects. Please consult with your doctor or medical practitioner should you have any questions or concerns regarding the consumption of Calm.

### Can Calm be taken with other sleep aids?

Because Calm is formulated to be a comprehensive approach to promoting sleep quality, it is not necessary to combine its usage with other sleep aids. Due to the potential for unknown and unanticipated ingredient/drug interactions, it is not recommended to combine Calm with other prescription or nonprescription sleep aids.

### Is Calm addictive?

No. Calm is non-habit forming.

**How much sleep do I need?**

According to the National Institutes of Health (NIH) and the National Sleep Foundation (NSF), the amount of sleep that an individual needs depends on several factors, including age and personal health status (i.e., dietary intake, stress exposure, level of physical activity, and other factors). In 2015, NSF researchers revised recommendations for sleep duration by age:

- School-Age Children (6 to 13 years) = 9 to 11 hours
- Teenagers (14 to 17 years) = 8 to 10 hours
- Adults (18 to 64 years) = 7 to 9 hours
- Older Adults (65 years & older) = 7 to 8 hours

**On average, how many hours of sleep do most adults get?**

According to the Centers for Disease Control, more than a third of U.S. adults aren't consistently getting enough sleep. Based on a nationwide survey of more than 440,000 Americans, about 35 percent said they usually get less than 7 hours of sleep a night.

**How can I improve my sleep quality?**

Tips for getting a better night's sleep include:

- Go to bed and get up at the same time every day.
- Remove electronic devices from the bedroom (e.g., TVs, computers, cell phones).
- Avoid large meals, caffeine, and alcohol before bedtime.
- Make sure the sleep environment is quiet, dark, and not too hot or too cold.
- Use Calm every night.

**Can I take Calm and drive my car?**

Given that Calm is meant to help with occasional sleeplessness or the promotion of relaxation and supporting restful sleep,\* we DO NOT recommend driving, operating any machinery, or doing any other important tasks after consuming Calm.

**Is Calm gluten free and non-GMO?**

Yes. Calm is both gluten free and non-GMO.

**Can children take Calm?**

No, children under the age of 18 should not take Calm.

**Can women who are pregnant or nursing or anyone with a medical condition take Calm?**

Women who are pregnant or nursing or anyone with a medical condition should consult with their healthcare provider before taking Calm.

**Key ingredients:**

**Monocot Grass Extract (MGE)**

A non-drowsy, melatonin-like phytonutrient, monocot grass contains high levels of 6-MBOA (6-methoxybenzoxazolinone) and promotes quality sleep and mood.\*

**Chamomile Flower (Matricaria chamomilla) Extract**

One of the most ancient medicinal herbs known to mankind, dried chamomile flowers contain many terpenoids and flavonoids and have been used to promote relaxation and support sleep quality.\*

**Lemon Balm Extract**

A traditional herb, lemon balm has been used to support relaxation and sleep.\*

**L-Theanine**

A natural amino acid found commonly in green tea, L-theanine is generally used to support mood and relaxation.\*

**Curcumin BioBDMC™**

Curcumin helps your body fight foreign invaders and helps repair damage. It supplies you with antioxidants to support proper immune function and supports brain, cardiovascular, and digestive health. \*

**5-HTP**

Manufactured from the seeds of an African plant, Griffonia simplicifolia. 5-HTP works in the brain and central nervous system by increasing the production of serotonin. Serotonin can affect sleep, appetite, temperature, sexual behavior, and pain sensation.\*

**Directions for use.**

As a dietary supplement, take 1 capsule with water 30 minutes before going to bed.

S U P P L E M E N T F A C T S		
Serving Size: 1 Capsule		
Servings Per Container: 30		
	Amount Per Serving	%DV
<b>Dream Complex:</b>	505mg	*
<i>Chamomile, Lemon Balm, Monocot Grass Extract (MGE), 5-HTP, L-Theanine, Curcumin BioBDMC™</i>		
*Daily Value not established		
Other Ingredients: Vegetable Cellulose (Capsule), Silicon Dioxide, Magnesium Stearate, Rice Hull Powder.		

\*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.