

## Calm PRT

Decreases norepinephrine and contains ingredients important for regulating the stress response, sleep, and reducing anxiousness\*

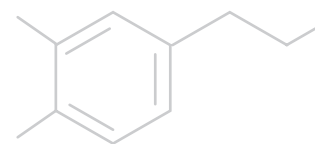
### Patient Profile†

- Tired but wired - on edge, yet exhausted\*
- Difficulty sleeping at night and waking in the morning\*
- Symptoms of overstimulation and adrenaline\*

## Key Ingredients

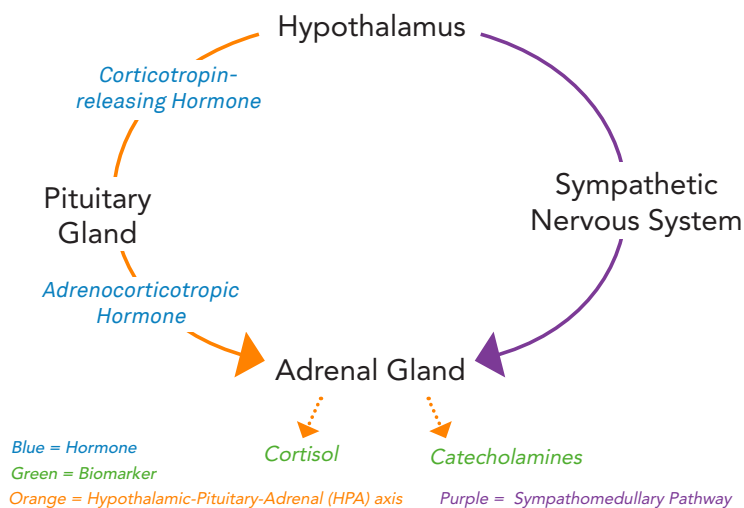
<p><i>Rhodiola rosea</i> root extract (standardized to 9-15% rosavins, providing 112.5 mg of rosavins)</p>	<ul style="list-style-type: none"> <li>■ Botanical adaptogen shown to <b>reduce anxiousness and stress-related effects</b><sup>1,2*</sup></li> </ul>
<p>Phosphatidylserine</p>	<ul style="list-style-type: none"> <li>■ Component of cell membranes important for receptor-mediated interactions<sup>3*</sup></li> <li>■ Phosphatidylserine is thought to interact with cell membranes in order to <b>dampen hypothalamic signaling and regulate the stress response</b><sup>4*</sup></li> </ul>
<p>Glycine</p>	<ul style="list-style-type: none"> <li>■ Major inhibitory neurotransmitter that <b>crosses the blood-brain barrier</b><sup>5*</sup></li> <li>■ Glycine binds receptors that regulate temperature during sleep<sup>6*</sup></li> </ul>
<p>Taurine</p>	<ul style="list-style-type: none"> <li>■ Neuroprotective amino acid that provides antioxidant protection and <b>demonstrates GABA-A agonist activity</b><sup>7-9*</sup></li> <li>■ GABA is the primary inhibitory neurotransmitter in the brain important for calm and sleep<sup>10-12</sup></li> </ul>

## The Science



- In response to **stress**, the sympathetic nervous system (SNS) and hypothalamic-pituitary-adrenal (HPA) axis signal to the adrenals to release catecholamines (norepinephrine and epinephrine) and cortisol<sup>13</sup>
- **Prolonged stress** is associated with dysregulation of the HPA axis, which can affect catecholamine and cortisol levels<sup>14</sup>

## NeuroAdrenal Response

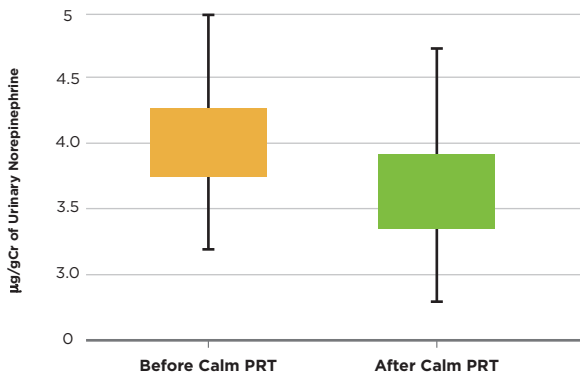


† Symptom depictions represent a possible presentation based on scientific information and claims found on this sheet, references provided on reverse.

\*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.

# MORE SCIENCE BEHIND CALM PRT

Figure 1. Calm PRT Decreases Norepinephrine<sup>17\*</sup>



## HPA axis and norepinephrine interventions

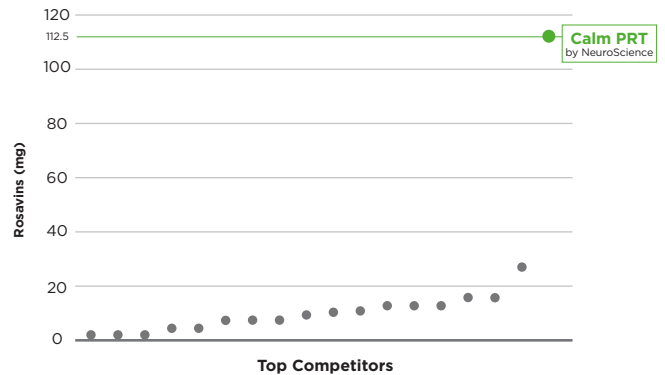
Increased activity from the HPA axis in response to stressors leads to a “fight or flight” effect, including increased levels of norepinephrine<sup>13</sup>

- Patients with anxiousness and altered learning show increased HPA axis sensitivity, leading to persistently high levels of urinary norepinephrine<sup>15</sup>
- Elevated levels of norepinephrine can disrupt circadian rhythm, perpetuating stress, anxiousness, and fatigue<sup>16,17</sup>

**Calm PRT contains ingredients important for reducing norepinephrine and cortisol during anxiousness and stress\***

- A meta-analysis of 91 people demonstrated a significant decrease in norepinephrine following the use of Calm PRT ( $p < 0.01$ ) (Figure 1.)<sup>18\*</sup>
- Additionally, a meta-analysis showed Calm PRT significantly decreased evening cortisol in 106 people ( $p < 0.01$ )<sup>18\*</sup>

Figure 2. US Rosavin Supplements



## Highest rosavin standardization

Rhodiola, with high amounts of rosavins, has been shown to regulate the stress response by interacting with the HPA system<sup>19\*</sup>

- While the overall amount of a botanical is important, the standardization, or actual amount of active ingredient within a given botanical, is crucial to the efficacy of the product
- Many products claim to contain sizable amounts of Rhodiola but use lower standardizations of rosavins, resulting in low amounts of rosavins in the product

**In a meta-analysis of public formulas, Calm PRT contains the highest standardization of rosavins on the market, providing more milligrams of the active component per serving compared to other Rhodiola containing products<sup>20</sup> (Figure 2.)**

- Calm PRT delivers 112.5 mg of rosavins per serving, more than triple the closest competitor and provides significant results for patients with poorly managed stress and anxiousness<sup>1,2\*</sup>



Item Number	Available Size	Serving Size
20050	90 Capsules	4 Capsules

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All NeuroScience products undergo rigorous third-party testing to guarantee label claims of each ingredient and the absence of heavy metals, pesticides, residual solvents, and microbes

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‡This product uses SerinAid® (Phosphatidylserine). SerinAid® is a registered trademark of Chemi Nutra.

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