

QuiCalm is a precision-crafted nutraceutical that blends three powerful herbal adaptogens to decrease stress and support cortisol balance. QuiCalm also helps to curb stress-induced food cravings and weight gain.

Chronic stress increases cortisol levels in the body which can lead to a variety of issues, including weight gain, hypertension, inflammatory conditions, sleep disturbances, and hormonal imbalances. Along with supporting optimal cortisol levels, QuiCalm supports the body's resilience during times of stress by improving mood, reducing inflammation, and bolstering the immune system.

QuiCalm contains Relora, a blend of extracts from the bark of the magnolia tree and philodendron root, Holy Basil, an herb native to Asia, Australia and the western Pacific, and L-theanine, an amino acid found in the green tea plant.

RECOMMENDED FOR

- Decreasing feelings of stress and anxiety
- Balancing cortisol levels
- Boosting immune system resilience
- Curbing stress-related eating
- Improving weight loss outcomes
- Enhancing energy and mood
- Improving sleep

ABOUT THE FORMULA

Relora® is a proprietary blend of extracts from *Magnolia officinalis* bark and *Phellodendron amurense* root. Research suggests that this blend of adaptogenic herbal extracts may regulate cortisol levels, manage stress-induced food cravings and weight gain, and improve well-being.

- **Holy basil (*Occimum sanctum*) leaf**, also known as Tulsi, is a plant native to India and commonly used in traditional Ayurveda medicine. In clinical studies, holy basil has shown the potential to support the immune system, decrease inflammation, improve gut health, and optimize weight loss outcomes. Studies have also highlighted Holy basil's antimicrobial and cognition-enhancing qualities.
- **Theanine, or L-theanine**, is an amino acid derived from the green tea (*Camellia sinensis*) plant. Studies show that theanine may induce relaxation and enhance mood by improving dopamine and serotonin levels, brain cell health, and cognition. Additional research finds that L-Theanine may improve sleep and support cardiovascular health.

SUPPLEMENT FACTS

Serving Size: 1 Capsule

Amount Per Serving

Relora® 750 mg, Holy Basil (*Occimum sanctum*) herb 600 mg,
L-Theanine (*SunTheanine*®) 300 mg.

WARNING: If pregnant or nursing, consult your healthcare practitioner before taking this product.

DISCLAIMER

The information provided is for educational purposes only and has not been reviewed by the U.S. Food and Drug Administration.

SUGGESTED USE

As a dietary supplement, take 1 capsule three times daily, or as directed by your healthcare practitioner.