

Where Science and Nature Come Together.®

FOODSCIENCE® of Vermont

InstaCalm™

- **A Vegetarian Dietary Supplement To Support Stress Management.***
 - **InstaCalm™ is:**
 - Fast acting
 - Pleasant tasting
 - An orange/mint flavored chewable tablet
 - Designed to support relaxation and stress management.*
 - Able to support better concentration and focus.*
 - **Recommended to Support the Reduction of:**
 - Nervousness* - Frustration*
 - Irritability* - Low mood states*
 - Stress* - Mental exhaustion*
 - **InstaCalm™** helps the body manage stress without causing drowsiness, impairing cognitive or motor functions, affecting emotional balance, or personality.* It contains nutrients not found in other calming formulas, which help the body cope with stressful situations.*
 - **InstaCalm™** combines Suntheanine® Brand L-Theanine and Lactium®, a bioactive peptide found in milk protein hydrolysate.* Both have been extensively researched for their calming and relaxing properties*
- Suntheanine®**
- **InstaCalm™** contains 100% pure L-Theanine, (Suntheanine® brand) from Taiyo International, Inc. that has extensive research and documentation.* There are over 45 studies, which suggest it is helpful in managing stress, supporting relaxation, quality sleep, learning and concentration, as well as reducing irritability and low mood states.*
 - L-Theanine is a naturally occurring amino acid found in green tea and is a derivative of glutamic acid, a neuro-transmitter in the brain. It helps the body to produce calming neurotransmitters, such as GABA and helps bring other neurotransmitters into better balance. L-Theanine supports deep muscle relaxation, improved quality sleep, and concentration and focus.* It also directly stimulates production of alpha brain waves, giving the body a sense of deep relaxation and mental alertness without causing drowsiness.*

Lactium®

- Lactium® is a Milk Protein Hydrolysate isolated from milk protein that is known for its calming effects.* It works synergistically with the L-Theanine in this formula. L-Theanine supports the release of neuro-transmitters in the brain and Lactium® supports receptor function to help potentiate a more efficient calming response.* This natural and active ingredient helps support relaxation by supporting healthy stress management in stressful situations.*

Stevia

- Stevia is an herb that contains stevioside, which makes it taste as sweet as table sugar without effecting blood-sugar levels.*

Xylitol

- Serenity Now is sweetened with Xylitol, a safe and natural sweetener that tastes like sugar, but contains fewer calories and is totally sugar free. It has amazing health benefits and the FDA's safest rating as a food additive with over 1,500 scientific studies.*

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving

Proprietary Blend	175 mg
containing L-Theanine (Suntheanine® Brand)	
and Milk Protein Hydrolysate (Lactium® Brand)	
Stevia Leaf Extract	3 mg

Other ingredients: xylitol, peppermint, artificial orange flavor, vegetable stearate.

- **Contains: Milk.**

Warning: If you are pregnant or nursing, consult your health care practitioner before taking this or any nutritional product.

- **Suggested Use:** As a dietary supplement, chew 1 tablet, once or twice daily during times of increased stress.

Lactium® is used under license.



Suntheanine® L-Theanine is patented and licensed by Taiyo International, Inc.

Sold Exclusively Through Retailers.

0300135.030 (30 Chewable Tablets)

*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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1-800-874-9444 • www.foodscienceofvermont.com