



Inner Calm

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Inner Calm is a special drink mix containing a blend of ingredients designed to help one achieve a calmer, relaxed mental outlook as well as a more restful sleep.

Key Ingredients

Inositol- It is a naturally occurring substance produced in the human body that belongs to the Vitamin B Complex group. It helps promote brain health and wellness as well as a positive and relaxed outlook. One of Inositol primary functions is cell membrane structure and integrity, especially the cells of the bone marrow, eyes and intestines. In addition it is one of the most crucial nutrients for promoting female hormonal health due to its role in supporting optimal liver function.*

Depression and Serotonin Disorders

Inositol also is known to help maintain healthy serotonin (a feel good hormone) metabolism and by doing so may help provide support to conditions involving poor serotonin function including depression, anxiety, agoraphobia, panic disorders and obsessive compulsive disorders.

Especially for Women

Inositol also has applications in PMS, fertility, fibroid tumors, polycystic ovary syndrome (PCOS) and other problems caused by female hormonal imbalance.

Sleep

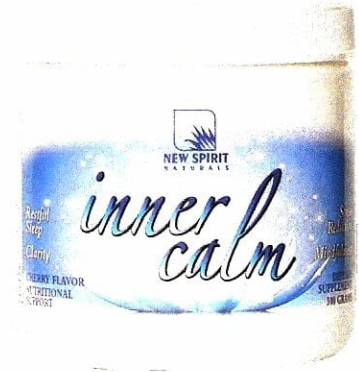
Inositol helps promote relaxation which in turn helps promote a more restful sleep especially when taken before bed. Taken during the day, Inositol can help relieve anxiety and help balance the mood.

Heart Health

Inositol helps prevent hardening of the arteries, metabolizes fat and cholesterol, and helps the remove fats from the liver. Also, it is important in the formation of lecithin, an important emulsifier used by the body to emulsify water and oils.

Diabetes

Some studies show that supplying extra Inositol appears to temporarily correct the malfunctioning insulin pathways and reduce the signs and symptoms of insulin resistance.



300g. Powder 60 servings

Suggested Usage

Dissolve one scoop or one heaping teaspoon in approximately 6 fl. ounces of (180 ml) water. Drink one to four times daily, or as directed by your healthcare practitioner. Begin gradually then increase as needed.

Children and pregnant or lactating women should consult with their healthcare practitioner prior to use. Do not use if tamper security seal is damaged or broken.

Storage

Store in a cool place at room temperature. Keep out of reach of children.

Does Not Contain wheat, gluten, corn, yeast, soy, animal ingredients, dairy, fish, shellfish, peanuts, tree nuts, egg, artificial colors, sweeteners or preservatives.

Available Flavors:

Natural Cherry
Unflavored

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Key Ingredients

Taurine

A sulphur containing amino acid, taurine is implicated in numerous biological and physiological functions including:†

- It increases the action of insulin, improving glucose tolerance and acts as an antioxidant.
- It is vital for the proper function of minerals, potassium, calcium, magnesium and sodium.
- Taurine regulates heart rhythm, cardiac contraction, blood pressure and platelet aggregation and regulates the excitability of neurons.
- It detoxifies liver cells of various toxins.
- It helps form bile acids and maintain cell membrane stability.
- It reduces the synthesis of lipids and cholesterol that are associated with atherosclerosis.

L-Theanine

L-Theanine is an amino acid derivative commonly found in tea but its concentration is usually less than 2%. Our L-Theanine is manufactured in a proprietary process and is standardized to 98% L-Theanine. L-Theanine has been found in studies to be able to cross the blood-brain barrier and thus has psychoactive properties. One such property that has been clinically confirmed is its relaxing and calming benefits. Studies have also shown that it works antagonistically against the stimulating effects of caffeine on the nervous system.

Additional research on human volunteers has demonstrated that L-Theanine creates a sense of relaxation via two different mechanisms. First, it directly stimulates the production of alpha brain waves, creating a state of deep relaxation and mental alertness similar to that which is achieved through meditation. Secondly, it is involved in the formation of the inhibitory neurotransmitters, gamma aminobutyric acid (GABA). GABA influences the level of two other neurotransmitters, dopamine and serotonin, also producing key relaxing effects.†

It can therefore:†

- Help relax without drowsiness
- Help promote mental clarity and focus
- Reduce nervous tension
- Sustain calm energy without forced spikes and crashes

GABA

Gamma-aminobutyric acid, often referred to as GABA, is a primary inhibitory neurotransmitter. It works to calm neurons which have been excited by the excitatory neurotransmitter glutamate. There is a body of anecdotal reports to support GABA as a useful tool for individuals seeking relief with symptoms resulting from ADHD, depression, anxiety, insomnia, panic attacks and addiction. †

Many of the known neurotransmitters function as both excitatory and inhibitory. GABA on the other hand, works as an inhibitory neurotransmitter to calm and balance the over-firing or excitation of neurons. It has been referred to as “nature’s valium” because of its calming effect. When GABA levels get too low, an excitatory transmitter can fire too often in the brain without any inhibition. †

Other correlations have been suggested when GABA levels are low. These include trouble sleeping, inability to focus or maintain attention, increased anxiety, panic attacks and depression. Increasing low GABA levels can effectively produce a sense of tranquility within the user. Anxiety levels may decrease depressive symptoms, may lessen insomnia, sleep disruption and may cease or lessen ADHD or ADD symptoms. Symptoms may be lessened as increased GABA levels help with focus and the ability to concentrate. †

While there is no standard recommendation for GABA supplementation, many people have reporting using between 250-750 mg once, twice or three times daily. For more restful sleep it is usually recommended to take 500 mg-750 once at night before bedtime. †

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New Spirit Naturals, Inc.

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Possible Health Benefits of Beetroot.

- Increasing plant foods like beetroot – decreases the risk of obesity
- Promotes a healthy complexion and hair.
- Helps lower blood pressure
Hypertension 2008 study using 500 ml's of beet juice
- Slows the progression of dementia
Source – Winter Forest Translational Science Center
- Diabetes – Beets contain an antioxidant known as alpha-lipoic, which has been shown to lower glucose levels increase insulin sensitivity and help prevent oxidative damage.
- Promotes regularity and helps prevent constipation
- Contains choline a nutrient that helps sleep muscle movement, learning and memory
- A rich source of folates and manganese and also contains thiamine, riboflavin, vitamin B6, choline, betaine, magnesium, phosphorous, zinc, copper and selenium.

Key Benefits Include.


- Helps support a relaxed mood.
- Helps support neurotransmitter balance.
- Promotes stress resiliency.
- Helps promote a more relaxed sleep.
- May help support blood pressure levels already within the normal range.

Inner Calm is a special powdered drink mix with Inositol, Amino Acids (GABA, L-Theanine & Taurine), and the patented form of DiMagnesium Malate which supports the body's natural ability to self-soothe and relax.* Find the "Inner Calm" within you.

Directions: Dissolve one serving (5 grams) of Inner Calm powder into at least six ounces of water. Drink once or twice daily, or for therapeutic use see your healthcare practitioner.

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Nutrition With Intention™ New Spirit Naturals, Inc.
615 W Allen Avenue
San Dimas, CA 91773, USA
Distributed in the UK by
New Spirit Naturals, LTD.
Wokingham, Berkshire, RG41 4DD #3003




Supplement Facts		
Srv. Size: 5 grams (1 Rounded Teaspoon)		
Servings per bottle: 60		
	Amt. Per Serving	%DV†
Magnesium (as DiMagnesium Malate) Organic	100 mg	25%
Myo-Inositol	2 grams	†
Taurine	500 mg	†
GABA (Gamma-Amino Butyric Acid)	100 mg	†
L-Theanine	75 mg	†

† Daily Value not established.

Other Ingredients: Dietary Resistant Soluble Fiber, Natural Cherry Flavor, Malic Acid, Citric Acid, Beet (Beta vulgaris) Root Powder for color, Stevia (Stevia rebaudiana) leaf.

Caution: Keep out of reach of children. Avoid if allergic to any ingredient.

Does Not Contain: Wheat, gluten, corn protein, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

Keep tightly closed in a cool, dry place.


PHARMACEUTICAL GRADE.
PRODUCT SOLD BY WEIGHT NOT VOLUME.

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Di-Magnesium Malate (organic-water soluble)

Magnesium is a crucial macro mineral. The fact that it is involved in hundreds of physiological processes (key to about 350 of the body's enzyme systems) clearly validates its importance. It plays a role in a wide range of body functions such as energy productivity, heart rate, glucose metabolism, emotions and more. Unfortunately it has been found to be one of the most frequently encountered dietary deficiencies in the USA and throughout the world. This formula uses Di-Magnesium Malate, a patented form that consists of one molecule of malic acid attached to two molecules of magnesium. Malate does not react with gastric acid and as such does not cause gastric upset as other forms of magnesium do.

While magnesium offers many benefits, for this discussion, we will focus on emotions. Preclinical and clinical studies have implicated its relationship between magnesium homeostasis and the emotions of fear, anxiety and depression. The underlying mechanisms for these effects remain largely unknown. One premise involves magnesium being involved with the regulation of neurotransmitters.

One study conducted by Sarturi SB, et al (Neuropharmacology 2012, Jan: 62(1) 304-12) observed that magnesium deficiency (mouse model) caused an increase in the transcription of the corticotrophin releasing hormones in the paraventricular hypothalamic nucleus and elevated ACTH plasma levels. This indicates an enhanced set point in the HPA axis. They saw that this deregulation of the HPA axis can contribute to hyper-emotionality, as a response to dietary induced hypomagnesemia.

Beetroot

Interest in beetroot has significantly increased in many parts of the world since 2010. Clinical studies indicate that beetroot has positive effects on nutrition, energy and endurance.

Beet is a high-nitrate vegetable and because in the body nitrate turns to nitrite (which has been found to help open blood vessels and improve blood flow), it proves to be a powerful ingredient.

Improves Athletic Performance

Ingestion of beetroot with naturally inorganic nitrate reduces oxygen uptake and lowers the O₂ usage in walking and running. Professor Andy Jones of the University of Exeter demonstrated through his research that on average, beetroot can allow people to exercise up to 16 percent longer.

Beetroot juice improved performance by 11 seconds (2.8%) in a 4 km bicycle time trial. *Medical News Today* September 8, 2014

Increased Brain Blood Flow

Due to the high levels of nitrates in beetroot, scientists have found that it improves the blood flow to the brain which is relevant to cognitive, health and aging. Poorer flow in the brain among the elderly is believed to be linked to the onset of dementia. These results are also linked to the improvement of mental focus.

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