



CatecholaCalm™

Adaptogenic + Adrenal Tonic Herbs



STRESS/MOOD†



CatecholaCalm™ is designed to support healthy adrenal hormone metabolism with adaptogenic herbs and nutrients that may help support normal moods and promote calmness and relaxation.* This unique formulation addresses adrenal gland health, which may help people handle occasional stress more effectively.*

The most well-known stress chemicals in the body are cortisol and the catecholamines (adrenal hormones) epinephrine (adrenaline) and norepinephrine. Proper metabolism of these stress chemicals and neurotransmitters help to support healthy blood sugar metabolism, normal body composition, normal immune function, and a positive mental outlook.* CatecholaCalm™ is formulated to help promote the balance of these chemicals and to support overall health.*

Ashwagandha is an adaptogenic herb with a long history in Ayurvedic medicine for aiding a healthy stress response. Valerian, lemon balm, and passionflower are herbs that promote relaxation, in part by supporting the production of gamma-aminobutyric acid (GABA) to help balance the stress hormones.*

L-theanine and taurine support healthy stress response and neurotransmitter production, including the calming neurotransmitter GABA.* Vitamin C, the B vitamins, and magnesium help support steady energy levels, cellular energy production, and adrenal gland function.* Phosphatidylserine is a nutrient that promotes healthy hormone levels by helping to normalize cortisol levels when the body is under occasional stress.*

Benefits*

- Promotes a healthy stress response
- Supports normal neurotransmitter synthesis
- Supports healthy adrenal gland function
- Supports normal GABA activity for mental calm

Highlights

- Comprehensive formula with standardized lemon balm, passionflower, valerian root, and ashwagandha extracts
- Methylated B vitamins for enhanced bioavailability and activity
- Phosphatidylserine derived from sunflower lecithin

Recommended Use

Take 3 capsules per day or as directed by your health-care practitioner.

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

*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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