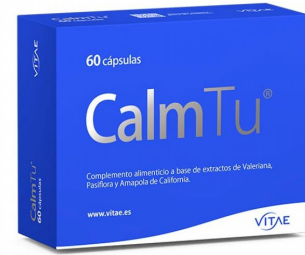


Calm Your 60 Caps

EAN: 8470001694409 FABRICANTE: VITAE



It helps to achieve calm naturally and without side effects.

DESCRIPTION

CalmTu® is a food supplement based on standardized and titrated extracts of *Valeriana officinalis* (Valerian), *Passiflora incarnata* (Passionflower) and *Eschscholzia californica* (California Poppy).

Calm

- Helps facilitate relaxation
- Contributes to better stress management
- It has calming effects.

Nutritional analysis

Per daily intake (For 3 capsules)

California poppy (extract)	150 mg
Valerian	120 mg
Passionflower	90 mg

- Suitable for vegans.
- Gluten free.
- Lactose free.

Formula:

- **Valerian** : improves sleep quality without side effects and reduces the time needed to fall asleep.
- **Passionflower** : indicated to treat restlessness, uneasiness and irritability that often make it difficult to fall asleep.
- **California poppy** : This is an extract with an anxiolytic effect that helps reduce the effects of nervousness and anxiety, helping to achieve restful sleep.

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Directions: Take one capsule 3 times a day 30 minutes before meals.

Frequently Asked Questions:

Why do you recommend these plants for stress and anxiety management?

Because they have a calming and relaxing effect, thanks to their content of standardized active ingredients. With them we can achieve a good quality of sleep and a feeling of calm during the day.

Can it be addictive?

These extracts are part of a food supplement, which, in the recommended quantity, do not cause addiction.

What effects can I expect?

A reduction in the time it takes to fall asleep, as well as better quality of sleep and a relaxing feeling.

When will I start to notice the effects?

The relaxing effects are usually observed two hours after ingestion of the extracts.

What does it mean to be Clean Label?

Top quality products designed with your physiology and health in mind, formulated without unnecessary colorants and additives, free of genetically modified organisms (GMOs) and allergens, in which we use

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ingredients of natural origin and with maximum bioavailability.

A new concept in food supplements that aims to respond to physiological needs for better nutrition, committed to health and well-being.

HEALTHY, NATURAL AND PHYSIOLOGICAL

Contraindications:

- It is contraindicated in children and in patients taking antidepressants and/or psychotropic drugs, unless under the supervision of a professional.
- If you are pregnant or breastfeeding, consult your doctor or pharmacist before starting supplementation.

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