



Ideal dietary supplement for states of anxiety, nervousness, sadness.

DESCRIPTION

Sadness, pain and joy are part of everyday life. However, sometimes these feelings can last for a long time or become more intense than normal, in which case we are no longer talking about a type of affect, but rather an illness. In the case of sadness, if it becomes more intense or longer lasting, we will talk about depression, which manifests itself as an alteration of feelings of vitality (sadness, anguish, despair, grief and pessimism), personal handicap and a feeling of impotence to act and think with a decrease in physical activity.

Anxiety states are varied combinations of physical and mental manifestations of anxiety, not attributable to a real danger, which occur in the form of crises (panic attacks) or as a persistent state. Anxiety is a fundamentally psychic phenomenon with a feeling of inner discomfort. In **anxiety**, somatic components predominate with a feeling of danger, threat or even imminent death, physical constriction and chest tightness. In addition to the psychic phenomenon, there are also somatic alterations.

Properties

Garum: Autolysed fish viscera. Rich in omega-3 polyunsaturated fatty acids, vitamin E, selenium, amino acids and small peptides, which constitute an antioxidant complex in cell membranes, protecting the polyunsaturated fatty acids.

Valerian: They have a sedative and sleep-inducing action by inhibiting the catabolism of GABA, which acts as a brake on the exciting neurotransmitters that lead to anxiety.

Passionflower: It has an anxiolytic, spasmolytic and tranquilizing action. It is also a muscle relaxant.

Vitamin B3 or niacin: It intervenes in the synthesis of certain neurotransmitters, including serotonin.

Vitamin B5 or pantothenic acid: It is active in the formation of the neurotransmitter acetylcholine, which has been implicated in certain cases of depression and anxiety. Pantothenic acid improves the ability to resist stress because it increases and stimulates the functioning of the adrenals.

Crocus sativus: In the various clinical trials carried out with the extract of the pistil of *Crocus sativus*, to assess its effectiveness, it has been shown that its effectiveness is superior to placebo and is just as



Kalmium 60 Comp

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effective as fluoxetine and imipramine.

Composition per tablet

- 150 mg of saffron (*Crocus sativus*).
- 150 mg of 5:1 dry extract of valerian.
- 150 mg of 5:1 dry extract of passionflower.
- 5 mg of vitamin B6.
- 2 mg of vitamin B5.
- 70 mg of fish autolysate (Garum).

Instructions for use

Take 1 to 2 tablets a day before meals.

