

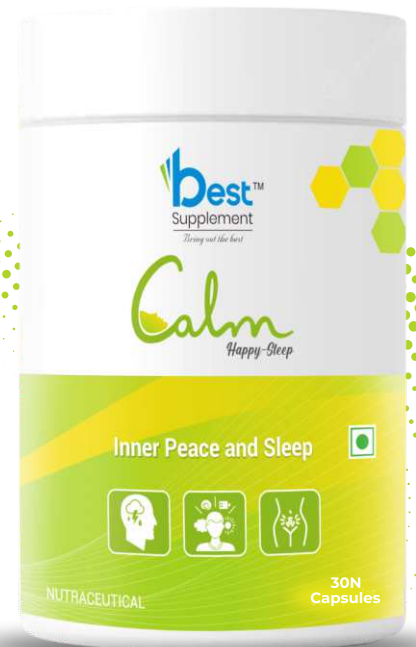
**Sleep well
wake
Refreshed**

Calm
Happy-Sleep

Inner Peace & Happiness

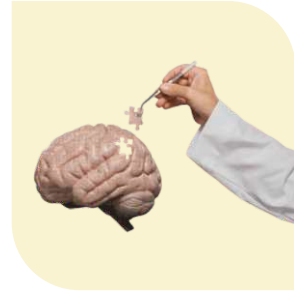
Do you know sleep can affect your overall health? Research has proved that sleep and anxiety are interconnected. Sleep deprivation can worsen anxiety, spurring a negative cycle involving insomnia and anxiety. Good sleep improves your brain performance, mood, and many health benefits like obesity, cardiovascular, depression, and even asthma. Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

Best supplement Calm with its ingredients like **Tagar Extract** or Valerian (Valeriana Wallichii Plant) which is a hairy herb that grows in the regions of Himalayas & Khasia. Tagar roots help in reducing anxiety and improve sleep as it relaxes the Central Nervous system (CNS) due to their sedative and anxiolytic properties. According to Ayurveda, Tagar has Vata balancing properties that calm the nervous system. **Melatonin** is another ingredient is a hormone made in the body which regulates night and day cycles or sleep-wake cycles. People having low melatonin have trouble sleeping. It's a hormone that your body produces naturally and signals your brain that it's time to sleep. **Vitamin B6** is important for normal brain development and for keeping the nervous system and immune system healthy. It has potent anti-inflammatory properties and is essential for the working of certain enzymes in the body. **Saffron** (Crocus Sativus flower) is a spice with a strong fragrance and distinctive color is rich in antioxidants as well as many health benefits. Studies suggest that saffron may boost mood, increase libido, and fight oxidative stress.



Benefits of Calm Happy Sleep

- Improves sleep
- Relaxes Central Nervous system
- No hangover or groggy feeling upon waking
- Promotes weight loss
- May promote brain health
- May reduce risk of Alzheimer
- May useful in treating PMS
- Helps decrease anxiety and stress
- Gently calms your mind
- Helps to form natural sleeping patterns



INGREDIENTS

- ✓ Tagar Extract
- ✓ Melatonin
- ✓ Vitamin B6
- ✓ Saffron

DOSAGE: 1 tablet per day or As advised by a medical practitioner

How it works:

Adequate sleep in the overall well-being of the body. Sleep might be deprived because of daily stress, anxiety & even mental health issues. Best supplement Calm increases relaxation enough to fall asleep. Our product can help you boost the levels of GABA which is responsible for causing relaxation in your body.

Disclaimer: 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.

