

Why This Supplement?

Optimal Calm stands as a holistic sanctuary for tranquility, weaving together meticulously chosen ingredients like L-Tryptophan, Valerian root, 5-HTP, and magnesium. Crafted with scientific precision, it aims not just to soothe the mind but to cradle it in a gentle embrace, fostering emotional resilience and serene well-being.

What Sets Us Apart?

Just like your Health Professional, Optimal Health Systems cares about patients, which is why we exclusively create supplements with nutrients derived from whole foods—not cheap, synthetic alternatives. Rest easy, knowing you're getting the best nutrition possible.

The Results

Your serene companion for day and night. With L-Tryptophan's calming embrace, Valerian root's tranquility, 5-HTP promoting a happy brain, and magnesium's stress relief, experience relaxation without drowsiness. These ingredients not only stimulate serotonin in the brain, but also GABA which both have an anti-anxiety effect. Embrace each moment, from daytime serenity to evening tranquility.

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Quick Facts!

- Valerian root and 5-hydroxytryptophan induces relaxation, aiding in a peaceful sleep cycle for those restless nights.
- Chamomile, passion flower, and lemon balm offer botanical tranquility, promoting mental calmness.



Dosing

Take 1-3 capsules before bed, when anxiety levels are extreme, or as directed.

Supplement Facts

Serving Size: 3 Capsules	Servings Per Container: 30	
Amount Per Serving	% Daily Value	
L-Tryptophan	300 mg	**
Valerian Root Extract (<i>Valeriana officinalis</i>)	300 mg	8*
5-Hydroxytryptophan (<i>Griffonia Seed</i>)	75 mg	**
Magnesium (<i>Magnesium Aspartate</i>) ^{††}	13.5 mg	3%
Proprietary Sleep Blend: Chamomile Flower (<i>Matricaria chamomilla</i>), Passion Flower (<i>Passiflora incarnata</i>), Lemon Balm Extract (<i>Melissa officinalis</i>), , Hops Extract (<i>Humulus lupulus</i>)	240 mg	**
Zinc (<i>Zinc Bisglycinate Chelate</i>) ^{††}	1 mg	9%
†WHOLE FOOD CULTURED MEDIA & OPTI-BLEND™ DELIVERY SYSTEM Yeast, Pea Protein. Plant Enzymes: Amylase, Protease Blend, Peptizyme SP, Lipase, Invertase, Maltase, Cellulase, Lactase, Phytase.	40 mg	**

Stabilized Probiotics: DDS-1™ *L. acidophilus****, *L. plantarum*, *Bacillus coagulans*, *L. bulgaricus*, *Bifidobacterium bifidum*, *L. salivarius*, *L. lactis*, *Streptococcus thermophilus*, *Bifidobacterium lactis*.

Fruits/Vegetables/Whole Foods: Wild Blueberry, Apple, Raspberry, Strawberry, Oat Bran, Cranberry, Grape, Orange, Raspberry Seed, Red Pepper, Carrot, Blackberry, Bilberry, Tart Cherry, Cinnamon, Broccoli, Cucumber, Pomegranate, Beet, Black Currant, Okra, Wild Yam.

**Daily Value not established.

Other ingredients: Hypromellose (Capsule), Rice Flour (*Oryza Sativa*), Rice Hull Concentrate (*Oryza Sativa*), Plant Based Magnesium Stearate, Manganese (Manganese Bisglycinate Chelate)^{††}, Copper (Copper Bisglycinate Chelate)^{††}, Silicon Dioxide.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

For full details and latest supplement facts, visit:
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