



BODYBIO

Calm

Everyday stress support

60 Capsules

BodyBio Calm is a targeted stress relief supplement designed to support systemic balance and promote everyday calm.* This unique botanical blend helps manage the body's stress response, supporting focus, resilience, and overall well-being.*

KEY BENEFITS



Supports balanced stress response*



Promotes relaxation*



Restores nervous system balance*



Supports healthy cortisol levels*



Supports focus and mental clarity*

SUGGESTED USE

Take 1 capsule up to 2 times daily, with or without food, or as directed by your healthcare practitioner.

Consult your healthcare practitioner before use if you are taking medications, have a medical condition, or have MAOA SNPs. This product is not recommended for use during pregnancy or while breastfeeding.

WHAT TO EXPECT

0-2 WEEKS

Calm begins supporting the body's stress response and neurotransmitter balance.*
Some people notice a subtle sense of calm or improved ability to manage daily stressors.*

2-4 WEEKS

As key nutrients like glycine, taurine, and rhodiola support brain chemistry and cortisol balance, many experience improved mood, reduced feelings of stress, and better mental clarity.*

4+ WEEKS

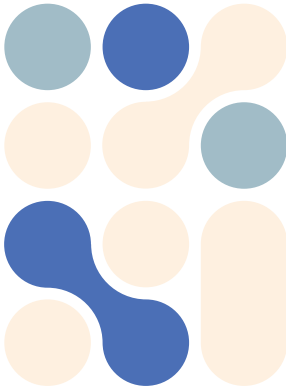
With continued use, Calm helps maintain a balanced stress response and overall systemic stability—supporting long-term resilience, focus, and well-being.*

SUPPLEMENT FACTS

Serving Size: 1 capsule		
	Amount Per Serving	% DV
Manganese (As manganese gluconate and manganese citrate)	2.5 mg	109%
L-Taurine	250 mg	†
L-Glycine	100 mg	†
Rhodiola rosea root extract	50 mg	†
Phosphatidylserine	25 mg	†
† Daily Value (DV) not established.		

Other ingredients: Hypromellose (capsule), silica, coconut oil powder.

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Scan the QR code
for more information.

*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.