



# BodyBio Calm

## A Unique Blend for Everyday Stress Support

Targeted stress relief supplement for systemic balance and everyday calm. Research has linked prolonged stress to depression, gut distress, inflammation, low energy, and general immune suppression. Calm is a unique botanical blend formulated to manage the body's stress response.\*

### AVAILABLE FORMAT:

60 Capsules



## BENEFITS

### Stress Resilience

This synergistic formula helps regulate the hypothalamic-pituitary-adrenal (HPA) axis and buffer the physiological effects of acute and chronic stress.\*

### Promote Feelings of Calmness

Glycine and taurine promote inhibitory neurotransmission, helping calm an overactive nervous system without sedation.\*

### Mood Stabilization

Supports emotional regulation and reduces stress-induced irritability by modulating cortisol levels and balancing excitatory signaling.\*

### Cognitive Clarity and Focus

Phosphatidylserine and rhodiola support cognitive performance, working memory, and mental clarity during times of fatigue or stress.\*

### Neuroprotection and Recovery

These ingredients collectively protect neurons against oxidative stress and promote faster recovery from mental exertion or burnout.\*

## TRUST POINTS

Calm is a mindful blend of amino acids, phosphatidylserine, and an adaptogen to support relaxation in response to everyday stress. This product excludes licorice root, adaptogenic mushrooms, turmeric, and ashwagandha to minimize potential concerns such as heightened cortisol response, mold sensitivity, drug-nutrient interactions, and reactivity in individuals with nightshade intolerance.

## EVIDENCE

### Stress Response With and Without BodyBio Calm

#### 1. Stress Trigger + Calm Intake

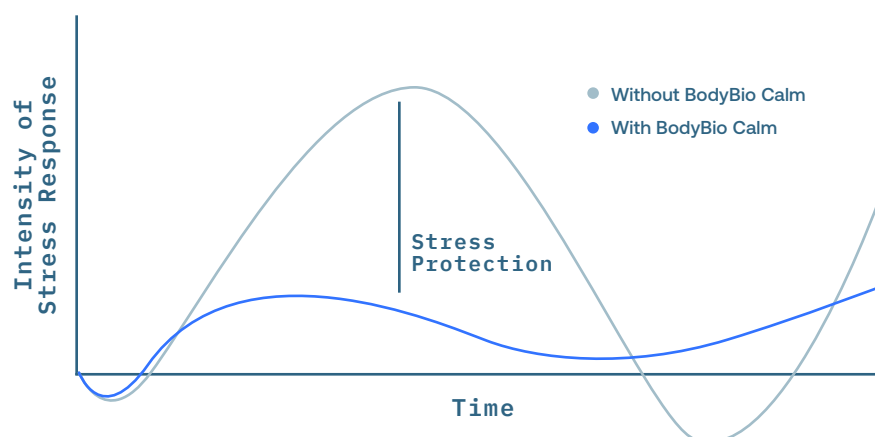
Acute stress activates the HPA axis, increasing cortisol, adrenaline, and sympathetic activity (e.g., symptoms include rapid heartbeat, tension, and anxiety).

#### 2. Onset of Relaxation (~20 Minutes)

Noticeable calming effect with relaxed mood and clearer thinking.

#### 3. Sustained Calm (~2-3 Hours)

Ongoing support with sustained calm, reduced fatigue, and less reactive mood as the body transitions from acute stress to ease.



## APPLICATIONS

### Acute Stress Support

Useful during moments of high emotional reactivity, performance pressure, or situational anxiety. Helps reduce sympathetic overactivation and restore equilibrium.\*

### Neuroendocrine and HPA Axis Recovery

Appropriate for post-stress recovery and rebalancing the stress-response system in those with dysregulated cortisol patterns.\*

### Mood Imbalance and Irritability

Supports individuals prone to mood swings, emotional sensitivity, or stress-related agitation by modulating neurotransmitter activity.\*

### Cognitive Fatigue and Burnout

Ideal for individuals experiencing brain fog, reduced productivity, or mental fatigue due to chronic workload or overstimulation.\*

### Sleep-Onset Dysregulation

Glycine and taurine help calm the nervous system and may improve sleep onset latency by supporting GABAergic tone and circadian rhythm balance.\*

## SCIENTIFIC RATIONALE

### Taurine and Glycine – Calming Amino Acids

Both act as inhibitory neurotransmitters that promote parasympathetic activation. Taurine modulates calcium signaling, stabilizes cell membranes, and protects against excitotoxicity, while glycine enhances GABA and NMDA receptor activity, facilitating relaxation without sedation. Studies suggest both may reduce stress-induced sympathetic activation and improve sleep quality.\*

### Phosphatidylserine – Cognitive and Cortisol Buffer

A phospholipid highly concentrated in neuronal membranes, phosphatidylserine improves attention, memory, and mental processing speed. It also reduces excessive cortisol secretion in response to acute stress, helping blunt HPA axis hyperactivity.\*

### Rhodiola Rosea – Adaptogenic Stress Modulator

Rhodiola rosea is a highly regarded adaptogen that supports the body's ability to manage physical and mental stress. It helps regulate the HPA axis and modulates neurotransmitters like serotonin and dopamine to promote emotional stability and cognitive clarity. Rhodiola has also been shown to reduce mental fatigue and support mitochondrial function, making it especially beneficial during periods of high demand or burnout.\*

### Synergistic Neuroendocrine Support

Together, these compounds target both the neurological and hormonal dimensions of stress, supporting a more adaptive, calm, and focused state. Their combined actions reduce neuroinflammation, stabilize stress-related neurochemical imbalances, and promote recovery after acute or prolonged stress exposure.\*

## SUGGESTED USE

Take 1 capsule with or without food, up to 3 times daily.

## SUPPLEMENT FACTS

| Serving Size: 1 capsule                        |                    |      |
|------------------------------------------------|--------------------|------|
|                                                | Amount Per Serving | % DV |
| Manganese                                      | 2.5 mg             | 109% |
| (As manganese gluconate and manganese citrate) |                    |      |
| 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.

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

SCAN QR CODE  
FOR REFERENCES

