

# Kalmz

## PRODUCT SUMMARY

When life seems anything but calm, Kalmz assists the body in releasing physical pain and emotional stress. Anxiety, depression, low self-esteem, anger, fear, negative emotions, and/or a broken heart launch the brain and nervous system into “roller coaster” mode. Stress and pain flood the system, and the body is forced to manage the highs and lows.

Physical and emotional pains often go hand in hand; one can cause the other. For example, emotional pain may cause physical pain in the spine as it will twist, turn and even swell to support an overwhelmed heart and brain. Organs such as the stomach and bladder may become overwhelmed by toxic chemistries created by the stress and emotional pain. The result is physical pain, which creates more emotional pain. The cycle continues.

There is no substitute for a healthy diet, appropriate exercise, and times of rest and restoration. Yet for some, that’s not enough. The herbs, vitamins and minerals in Kalmz have been used for years to release pain and stress and bring calm and balance to the body, physically and emotionally. The herbs in this vegetarian formula gently assist the body in detoxifying negative chemistries that affect the brain, stomach, bladder and other organs in the body.

## KEEPING YOU HEALTHY WITH KALMZ

- **Brain and Nervous System**

Kalmz settles the overactive brain and nervous system, quiets intense emotions and calms the overworked spine and structures, so they can move back into balance and rhythm.

- **Immune System**

Kalmz relieves symptoms of an overactive immune system such as pain, fever, inflammation, allergies, mucus, pus, debris, acne, headaches, and backaches. It functions as a natural antihistamine and anti-inflammatory.

- **A Gentle Detox for Stomach, Kidneys and Bladder**

This vegetarian formula detoxifies. It works to neutralize toxins and bacteria that accumulate in the body due to emotions, stress, pain, environment, and diet.



**Kalmz Contains 90 Capsules**



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## EXPERIENCE THE DIFFERENCE:

VerVita nutrition supports the body functioning as a whole; it nourishes and balances the energy flowing through every structure, organ, gland, and cell. A healthy rhythm and function are created as the formulas are designed to synergistically stimulate/relax and push/pull.

## KEY INGREDIENTS OF KALMZ

**Amino acids:** The essential amino acid **L-tryptophan** is a calming neurotransmitter that increases the brain’s levels of serotonin and melatonin. It is beneficial for anxiety, migraines, food cravings and certain types of depression.

**Herbs: Valerian Root, Hops, and Passionflower** are nature’s calming sedatives for the central nervous system. Used to decrease stress, anxiety, fear and restlessness and increase concentration. These herbs are also known to alleviate stress and pain caused by nervous tension and inflamed nerves.

**Minerals:** A minute amount of **Lithium** (50 mcg) has been added to bring balance and calm to the brain. **Lithium** stabilizes nerves and moods and may alleviate recurrent depression and headaches. Lithium improves learning and memory capabilities.

**Ribonucleic Acid (RNA):** RNA plays a vital role in the genetic function and transfer of information within each cell. RNA supports brain memory and function.

## Possible Side Effects:

Individuals with anemia may experience increased anxiety, color blindness, or blurred vision while taking this product. Cir-Q Tonic® works as an alternative supplement for those with anemia-induced-anxiety by replenishing the blood and calming the nervous system.

Supplement Facts		
Serving size: 1 vegetarian capsule		
Servings per bottle: 90		
	Amount Per Serving	Daily Value
Proprietary Blend.....	550 mg	
valeriana officinalis (valerian root) extract 4:1*, humulus lupulus (hops flower) extract 4:1*, passiflora incarnata (passionflower) herb extract 4:1*, l-tryptophan*, RNA (from yeast), lithium (as orotate)*		
<b>*Daily Value not established.</b>		

**Other Ingredients:** vegetarian capsule (cellulose, water), magnesium (as amino acid chelate)

## VERVITA PRODUCTS ARE FREE FROM:

GMOs, Soy, Gluten, Corn, Egg and Dairy, Fish, Crustaceans/Shellfish, Tree Nuts, Peanuts, MSG, Sugar and Sweeteners, Artificial Colors, Dicalcium Phosphate, Magnesium Stearate, Croscarmellose, Excipients/Synthetic Fillers and Flow Agents.

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