

# designs for health®

## CatecholaCalm™

ADAPTOGENIC + ADRENAL TONIC HERBS  
90 VEGETARIAN CAPSULES | NPN80050195 | CAC090-CN

ENDOCRINE/METABOLISM



**CatecholaCalm™** is designed to support healthy adrenal hormone metabolism with adaptogenic herbs and nutrients that may help support normal moods and promote calmness and relaxation. This unique formulation addresses adrenal gland health, which may help people handle occasional stress more effectively.

Ashwagandha is an adaptogenic herb with a long history in Ayurvedic medicine for aiding a healthy stress response. Valerian, lemon balm, and passionflower are herbs that help promote relaxation.

L-theanine and taurine support healthy stress response and neurotransmitter production, including the calming neurotransmitter GABA. Vitamin C, the B vitamins, and magnesium help support steady energy levels, cellular energy production, and adrenal gland function.

## Benefits

- Promotes a healthy stress response
- Supports normal neurotransmitter synthesis
- Supports healthy adrenal gland function
- Supports normal GABA activity for mental calm

## Recommended Dose

Adults: Take 3 capsules per day, or as directed by your health care practitioner.

## Highlights

- Comprehensive formula with standardized lemon balm, passionflower, valerian root, and ashwagandha extracts
- Methylated B vitamins for enhanced bioavailability and activity
- Phosphatidylserine derived from sunflower lecithin

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Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.  
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