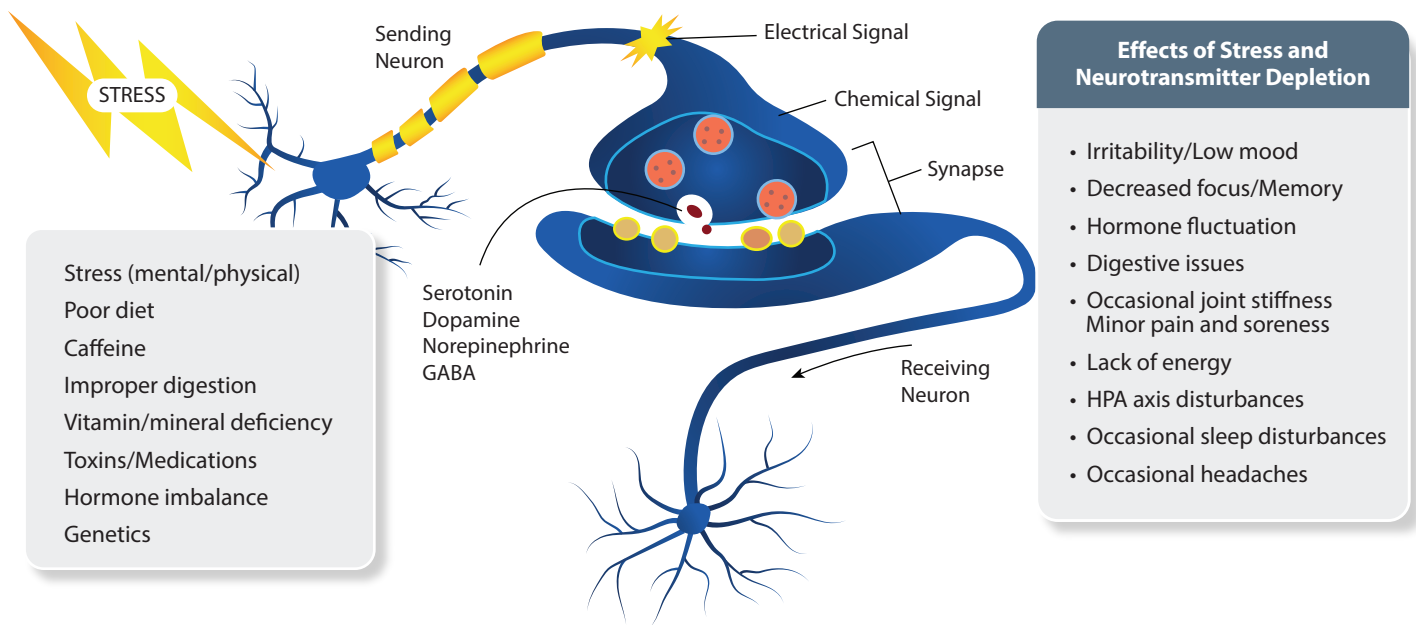


Brain Function Under Stress

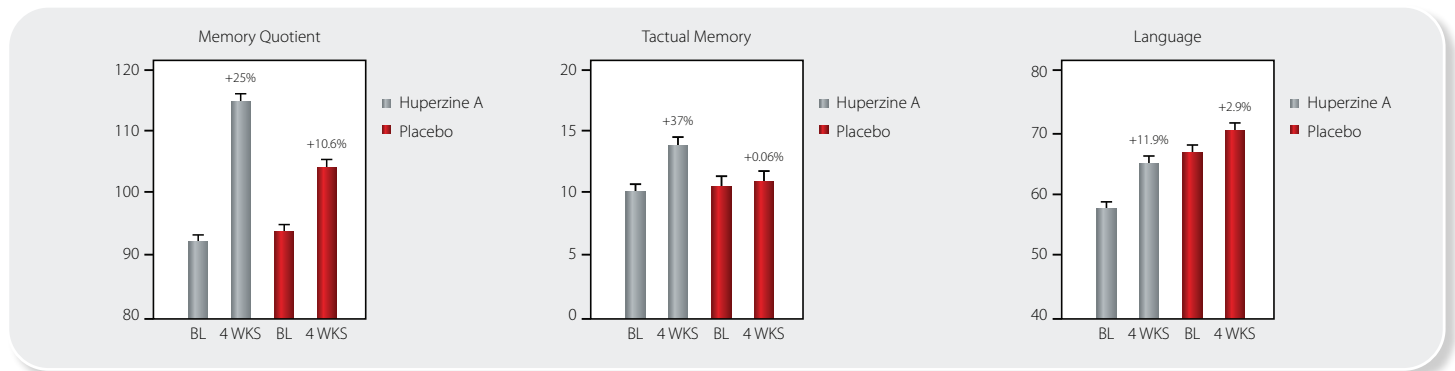
The Importance of Chemical Balance



Neurotransmitters are chemical messengers that facilitate communication from within the nervous system to the rest of the body. The information relayed assists in a variety of functions, including concentration, mood regulation, appetite and memory. Stress initiates release of neurotransmitters to boost the sympathetic nervous system's "fight or flight" response. Excessively stressful situations, ranging from giving a presentation at work to skydiving, promote a heightened stress response. This disrupts adequate neurotransmitter balance, causing unwanted symptoms like irritability and difficulty focusing, which are detrimental to mental and physical performance.



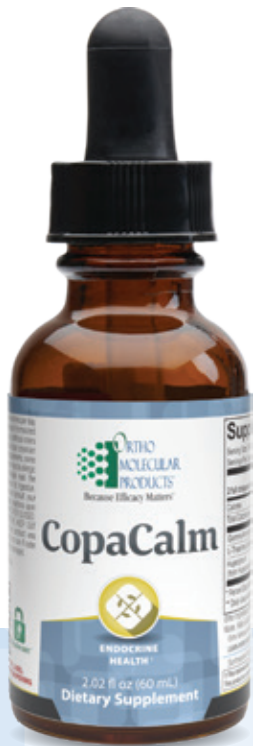
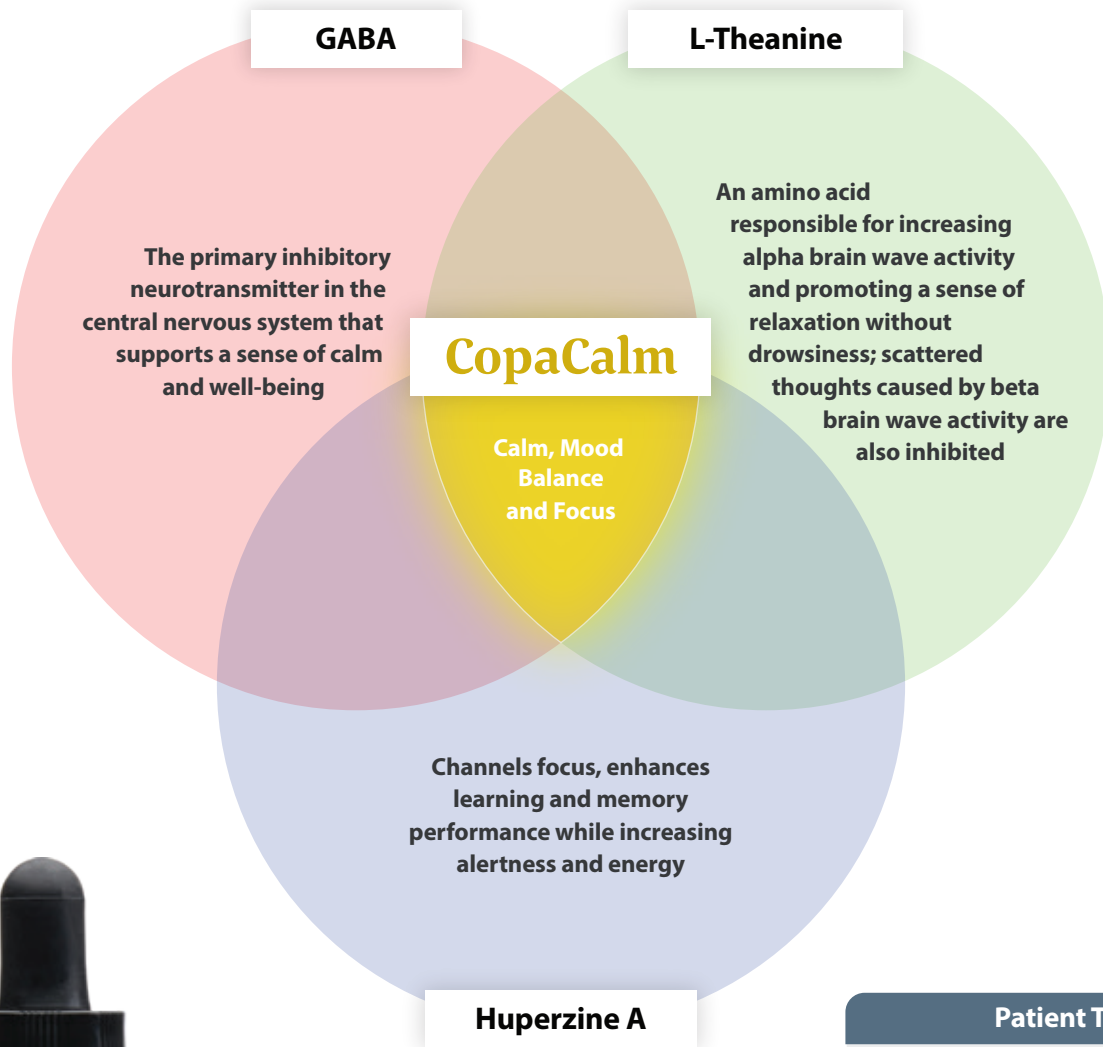
Nootropics are often used to promote calm and focus, with their ability to assist neurotransmitters hyperstimulated from stress. Huperzine A has been shown to support healthy cognition and memory by modulating the metabolism of the neurotransmitter acetylcholine. In a double-blind study, 68 middle school students with memory inadequacy were administered 100 mcg two times per day for four weeks. The huperzine A group enhanced memory function and learning performance of the students.



Sun QQ, Xu SS, Pan JL, Guo Hm, Cao WQ. Huperzine-A capsules enhance memory and learning performance in 34 pairs of matched adolescent students. *Chung Kuo Yao Li Hsueh Pao*. 1999 Jul;20(7):601-3.

CopaCalm

Focused Calm for Any Level of Stress



Patient Type

Patients who need a blend of botanicals to support calming relaxation and increased mental focus during a stressful event.

Supplement Facts

Serving Size 2 Full Droppers (2 mL)
Servings Per Container 30

2 full droppers contain	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Gamma Aminobutyric Acid (GABA)	100 mg	**
L-Theanine (Suntheanine®)	100 mg	**
Huperzine A (from <i>Huperzia serrata</i> Whole Plant Extract)	50 mcg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established

ID# 906001 2.02 fl oz. (60mL)

SUGGESTED USE: 2 full droppers (2 mL) two to three times per day or as recommended by your health care professional.

