

Rapid Calm

RAPID-ACTING SUPPORT FOR OCCASIONAL ANXIETY (<1 HR)[‡]

Rapid Calm combines vitamin B₆ with two clinically researched ingredients, Zembrin®, a patented extract of *Sceletium tortuosum*, and Suntheanine® L-theanine, to help moderate feelings of stress and occasional anxiety. This formula is ideal for as-needed relief from occasional everyday stressors.[‡]



Rapid-onset - works within 1 hour to support occasional anxiety[‡]



Can be taken daily or as needed[‡]



Reduces feelings of occasional stress[‡]

WHO IS THIS SUPPLEMENT FOR?

Patients experiencing feelings of occasional stress or anxiety

RESEARCH HIGHLIGHTS[‡]

Zembrin® reduces occasional anxiety.

In a randomized, placebo-controlled clinical trial, a single dose of 25 mg Zembrin® 30 minutes before a simulated public speaking task reduced perceived anxiety level (Figure 1) and its physical symptoms, such as elevated heart rate (Figure 1) in healthy volunteers.¹

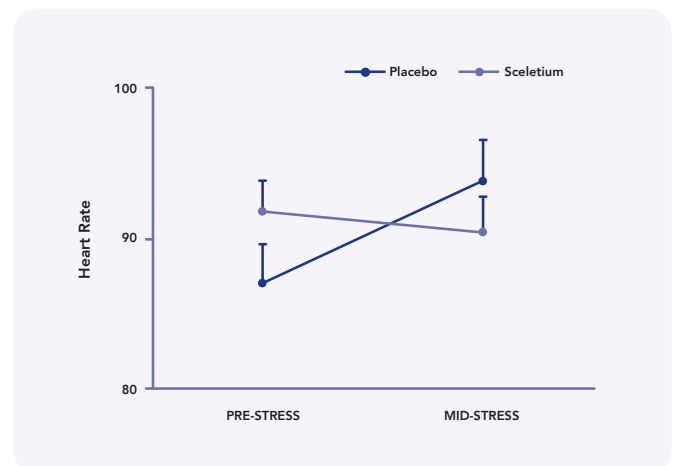


Figure 1. Heart rate before (prestress) and during (midstress) a simulated public speaking task. Subjects who received 25 mg Zembrin® 30 minutes before the task had no change in heart rate, while those who received placebo exhibited an increase.¹

[‡]This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Zembrin® reduced activity of the amygdala and its associated circuitry within 2 hours of administration.

In a randomized clinical trial, a single 25 mg dose of Zembrin® moderated fear responsivity and activation of the brain's amygdala, assessed using functional Magnetic Resonance Imaging (fMRI) technology.² The amygdala is a part of the brain that perceives threats and dictates behavior in stressful situations.

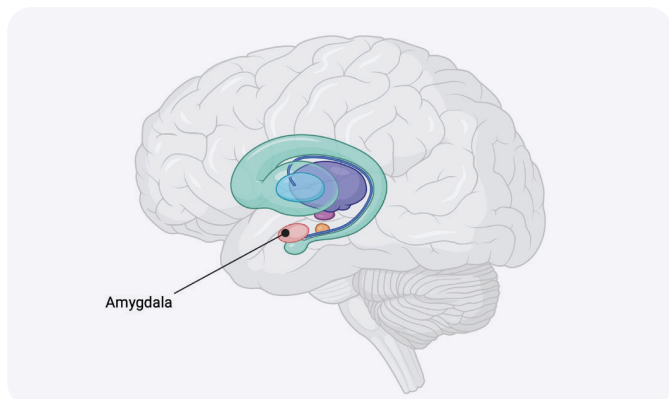


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L-theanine (Suntheanine®) reduced stress-related symptoms and supported sleep quality in healthy adults.

In a double-blind crossover trial, 30 healthy adults received L-theanine (200 mg Suntheanine®/day) or placebo for 4 weeks. L-theanine significantly improved stress-related symptoms, including low-mood symptoms and occasional anxiety per validated questionnaires and sleep (Pittsburgh Sleep Quality Index; PSQI) scores compared to placebo.⁵



MECHANISMS OF ACTION

The mechanism of action of Zembrin® remains unclear. In vitro, Zembrin® and its principal alkaloids, mesembrine and mesembrenone, inhibited the serotonin reuptake transporter.⁴ This action may prolong the effects of serotonin, a neurotransmitter with mood-elevating effects (Figure 2).

Vitamin B₆ is a cofactor for aromatic amino acid decarboxylase (AADC), a key enzyme in serotonin production. This enzyme uses pyridoxal 5'-phosphate (activated vitamin B₆) to convert 5-HTP to serotonin.⁵

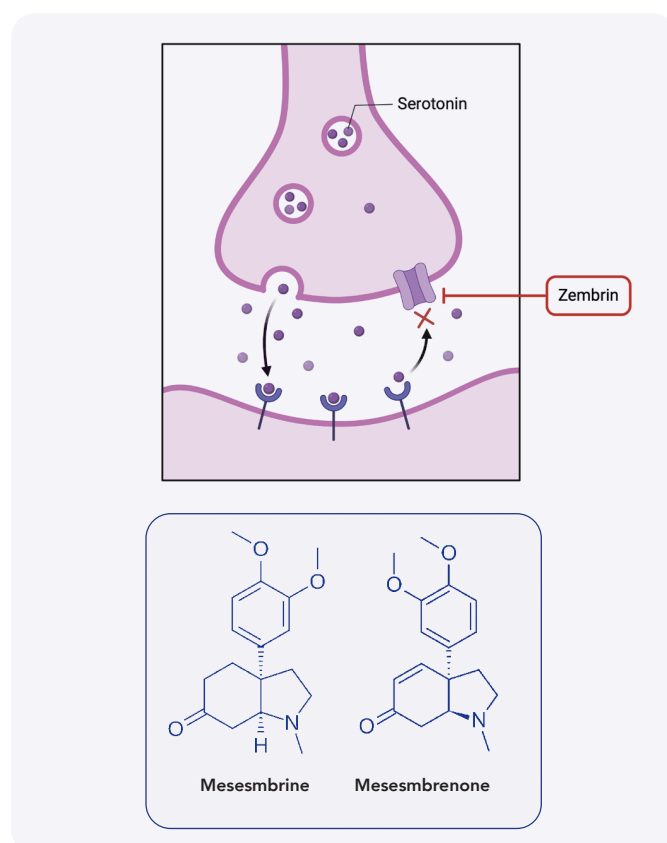


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Figure 2. Zembrin® extract and its neuroactive alkaloid constituents, mesembrine and mesembrenone, inhibit the serotonin reuptake transporter in vitro.⁴

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L-theanine increases alpha wave activity in human electroencephalograms (EEG), which indicates a relaxed mental state without sedation or drowsiness.^{3,6-9} L-theanine supports inhibitory neurotransmission by enhancing GABA signaling while inhibiting excitatory neurotransmission.⁶⁻⁸ L-theanine is an analog of glutamate, the major excitatory neurotransmitter in the brain.[‡]

By virtue of its structural similarity, L-theanine competes with glutamine for uptake into presynaptic terminals. This limits the synthesis and abundance of glutamate available for release into the synapse and subsequent activation of glutamate receptors (Figure 3).⁶⁻⁸

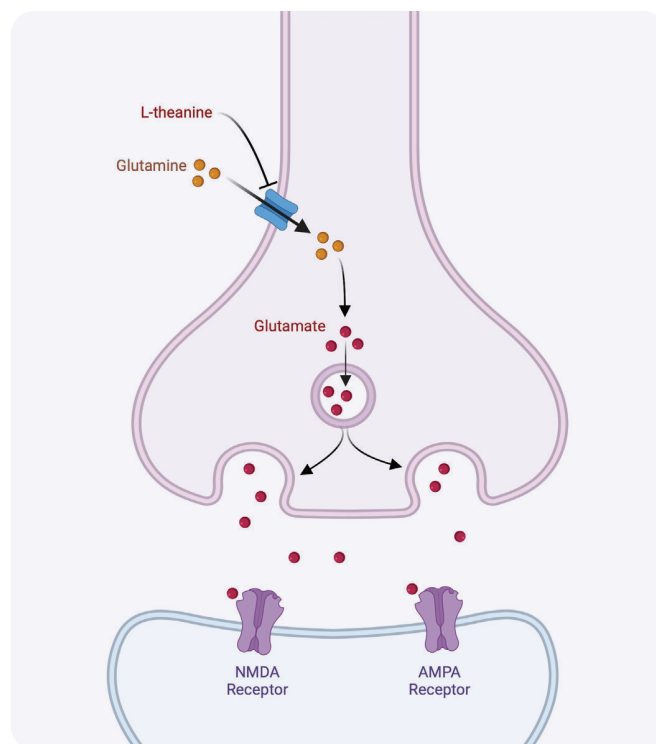


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Figure 3. L-theanine inhibits excitatory glutamate neurotransmission by reducing glutamine import into presynaptic terminals. This limits the synthesis of glutamate, with less available for release and activation of glutamate receptors (NMDA and AMPA), which relay excitatory signals in the CNS.

When life takes unexpected twists and turns, our **Rapid Calm** formula offers your patients **rapid-acting, reliable support for occasional anxiety in less than one hour.**[‡]

This formula features vitamin B₆, a cofactor in the biosynthesis of serotonin, and clinically studied Zembrin® and Suntheanine® (L-theanine) for as-needed relief from everyday stressors.[‡]

REFERENCES

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[‡]Visit PureEncapsulations.com for more information on our GMO Policy.

 Certified Gluten-Free by the Gluten-Free Certification Organization, gluten.org

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Supplement Facts

1 capsule as needed, with or between meals.

One (size 0) capsule contains:

| | |
|---|--------|
| Vitamin B ₆ (as pyridoxine HCl) | 10 mg |
| Zembrin® Sceletium tortuosum extract (aerial parts) | 25 mg |
| L-Theanine (Suntheanine®) | 200 mg |

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Zembrin® is a registered trademark of HG&H Pharmaceuticals (Pty) Limited.

Suntheanine® is a registered trademark of Taiyo International, Inc.

Mental Health & Stress Support



| Rapid Calm | Quantity | Order Code |
|------------|----------|------------|
| | 30 | RCM3 |



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