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# Biotix

## CALMBIOTIX

A multi-therapeutic supplement ideal for those requiring nervous and psychological support such as in the case of anxiety and difficulty relaxing.

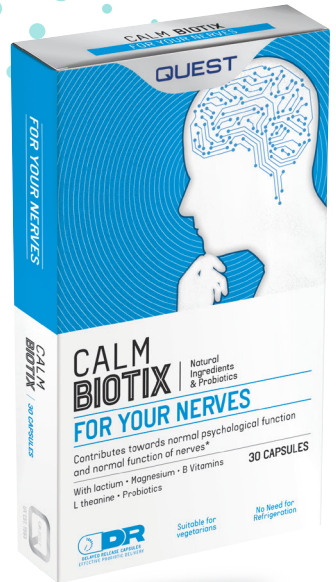
### Nutritional Information

One capsule provides: \*%NRV

Thiamin (vitamin B1)	19.5 mg	1773
Riboflavin (vitamin B2)	25 mg	1786
Magnesium	60 mg	16
Lactium	150 mg	~
L.theanine	100 mg	~
Lactobacillus culture (providing 2 billion (2 x 10 <sup>9</sup> ): Lacidophilus, L.rhamnosus)	23.3 mg	~

\*NRV = Nutrient Reference Values

Take one or two capsules daily with a meal. Swallow with water.



## SUMMARY

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- 7 active ingredients
- To calm anxiety and support relaxation
- With nutrients and probiotics

## DESCRIPTION

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CalmBiotix is a multi-therapeutic formula for those suffering from anxiety, and for those who need support with relaxation and sleep. A mix of lactium, vitamins, minerals, amino acids and probiotics for all round support and full therapeutic effect. Lactium is the milk protein which induces a relaxed state, often seen in babies after a milk feed.

## HOW DO THE INGREDIENTS IN CALMBIOTIX SUPPORT ANXIETY AND RELAXATION?

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**Lactium:** Lactium is a bioactive protein derived from milk which acts on the BDZ site of GABA receptors to improve sleep, reduce stress and anxiety and promote mental function. A placebo-controlled study allocated subjects 150 mg lactium or a placebo each day for 30 days. The outcome was measured by a questionnaire for 44 stress related symptoms and was evaluated on a 1-10 scale. The patients with the most severe symptoms saw the biggest improvement, and the dose of 150 mg per day was particularly effective to alleviating symptoms<sup>1</sup>.

**Thiamin:** Thiamin is a water-soluble vitamin which must be consumed daily. Inadequate levels are a cause of anxiety, irritability, fearfulness and an inability to concentrate<sup>2</sup>. Thiamin is needed for the maintenance of nerve membranes and for the production of acetylcholine and serotonin.

**Riboflavin:** Riboflavin deficiency or inadequacy is linked to psychiatric disorders including depression<sup>3</sup>. Riboflavin inadequacy can decrease metabolism of other nutrients.

**Magnesium:** Magnesium has an effect on glutamate release and glutamate receptor activity, which can be altered in patients with depression and anxiety. Studies show an improvement in post-traumatic anxiety with magnesium supplementation<sup>4</sup>.

**Theanine:** L.theanine (N-ethyl-L-glutamine) is a derivative of glutamate. L.theanine has antipsychotic activity and possibly antidepressant-like effects. It works by stimulating NMDA receptors<sup>5</sup>.

**Lactobacillus acidophilus and rhamnosus:** The bi-directional communication between gut probiotics and the brain is known as the MBG axis. Disordered gut bacteria can increase the risk of anxiety and mood disorders. In research, Lactobacillus rhamnosus reduced anxiety and depressive symptoms<sup>6</sup>.

## ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING CALMBIOTIX?

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CalmBiotix is intended exclusively for adults. Consult your doctor before taking during pregnancy and breastfeeding.

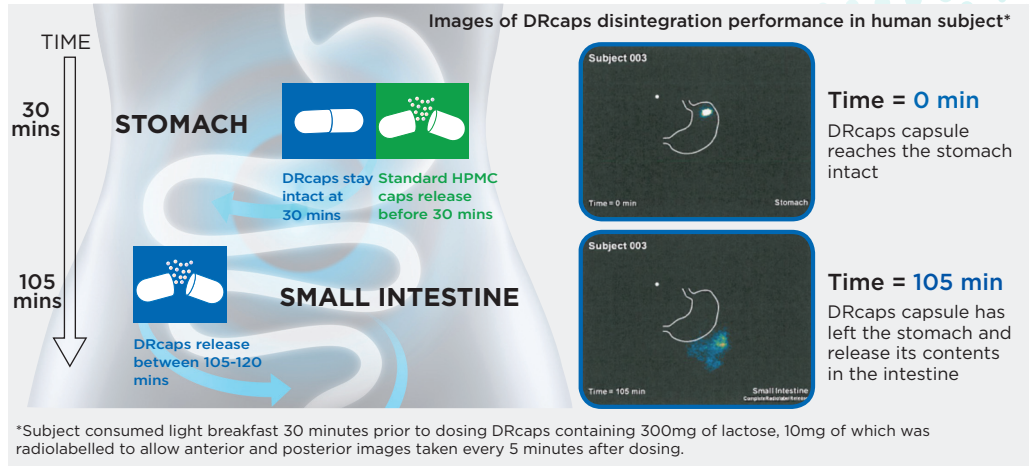
## HOW SHOULD CALMBIOTIX BE TAKEN?

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Take one or two capsules daily with a meal. Swallow with water.

## THE ADVANTAGE OF DRCAPS™

DRcaps are designed to delay the release of probiotic bacteria, protecting the probiotics from stomach acidity and allowing the probiotics to be most effective where they need to be - **directly in the intestine.**



## FEATURES

- 7 active ingredients
- To calm anxiety and support relaxation
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## HEALTH NEEDS



**SPECIALIST  
HEALTH**



**STRESS & HECTIC  
LIFESTYLE**

## SCIENTIFIC REFERENCES

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