



# CALM

Indulge in the aromatic embrace and experience tranquility sip by sip with CALM. This nootropic tea combines the perfect fusion of calming botanicals, essential minerals, and Magnesium to promote profound relaxation and elevated cognitive function while creating a blissful experience. Whether you need to start your day on a positive note or unwind after a challenging one, let CALM be your trusted companion for enhanced cognitive function and emotional well-being.

## DIRECTIONS:

Experience the serenity of CALM by mixing 1 packet into 8-10 ounces of hot water or your beverage of choice. Stir well and sip to enjoy.

**Pro Tip:** Enjoy CALM during moments of high stress, after a hard day or when you just want to relax.

## AVAILABLE FLAVOR:

- Spiced Tea Latte

## CALM YOUR MIND AND ELEVATE YOUR THINKING

Immerse yourself in the soothing aroma and embrace tranquility one sip at a time with CALM. Crafted to elevate your mind and soothe your soul, this nootropic tea perfectly blends calming botanicals, essential minerals, and Magnesium to promote profound relaxation and cultivate a blissful experience. Whether you're beginning your day on a positive note or concluding a challenging one, enjoy the mood-enhancing indulgence of CALM, your trusted companion for nurturing emotional well-being.

## BENEFITS OF A CALM MIND

- Enhances Cognitive Performance
- Promotes Relaxation, Calmness, and Positive Mental State
- Helps Reduce Brain Fog and Mental Fatigue
- Elevates Emotional Well-Being and Mood

CALM stands out from other nootropic teas on the market due to its carefully curated blend of ingredients aimed at emotional well-being, focus, and overall cognitive enhancement. While many nootropic teas focus solely on cognitive function, CALM uniquely combines elements like L-Theanine, Lemon Balm Extract, and Passionflower Extract in a proprietary blend designed to support relaxation and enhance focus and memory. This holistic approach sets CALM apart as a comprehensive solution for those seeking peak mental clarity and performance, mood enhancement and total relaxation in a single great tasting beverage.

\*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

## Supplement Facts

Serving Size: 7.4 g (1 Stick)  
Servings Per Container: 15

|                                    | Amount Per Serving | % Daily Value* |
|------------------------------------|--------------------|----------------|
| Calories                           | 25                 |                |
| Sodium                             | 25 mg              | 1%             |
| Total Carbohydrate                 | 4 g                | 1%             |
| Total Sugar                        | 2 g                |                |
| Includes 0 g added sugars          |                    |                |
| Calcium                            | 56 mg              | 4%             |
| Magnesium (as Magnesium Glycinate) | 20 mg              | 5%             |
| Potassium                          | 256 mg             | 5%             |
| Nootropic Proprietary Blend        | 2866 mg            | †              |
| Black Tea                          | 2030 mg            | †              |
| Chai Tea                           | 330 mg             | †              |
| L-Theanine                         | 190 mg             | †              |
| Lemon Balm Extract                 | 158 mg             | †              |
| Passion Flower Extract             | 158 mg             | †              |

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

**OTHER INGREDIENTS:** Non Fat Dry Milk, Natural Tea Flavor, Stevia, Silicon Dioxide, Monk Fruit Extract

### Contains Milk

*Avoid exposure to excessive heat, light & moisture.*

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**CAUTION:** Pregnant or nursing mothers, children under 18 and individuals with known medical conditions should consult a physician before using this or any other dietary supplement.

**KEEP OUT OF REACH OF CHILDREN**