

HistaCalm



Clinical Applications

- Supports Energy Production*
- Supports Cardiovascular Health*
- Supports Healthy Nervous System/Adrenal/Immune Function*
- Supports Healthy Mental Function and Mood*

HistaCalm is a synergistic blend of nutrients that provides natural support to help balance the immune response during allergy season.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

HistaCalm is a blend of nutrients and botanical extracts designed to support a healthy immune response during times of seasonal upper respiratory challenges.

HistaCalm includes:

Tinofend®

The key ingredient in this product, Tinofend®, is an extract from the plant *Tinospora cordifolia*, which has been used since the early 1900s in Ayurvedic medicine for its immune-modulating action. Tinofend® contains a complex of polysaccharides and polyphenols that has been shown to regulate key immune mediators and stimulate the activity of macrophages—specialized cells that are a primary part of the immune system.

Vitamin C, Quercetin, & Nettles

All three provide antioxidant benefits and help support the immune system.

Vitamin C.

One of the most well-known and widely studied nutrients of our day, vitamin C (ascorbic acid) is a water-soluble vitamin with many functions in the body. Besides its antioxidant and immune-supportive roles, it is necessary for the body to make collagen in bones, cartilage, muscle, and blood vessels. It is a naturally occurring compound found in many plant foods, most notably citrus fruits, berries, pineapple, bell peppers, and broccoli.

Quercetin

Has been called “king of the flavonoids” because of its powerful antioxidant properties and its ability to promote a healthy response to inflammation. It is found in many foods that are recognized for their health benefits, such as red onions, apples, olive oil, dark berries and grapes, capers, salad greens and culinary herbs, such as dill, cilantro, watercress, and radicchio. (Quercetin contributes to the richly colored pigments in these foods.)

Nettles

(a.k.a. “stinging nettle”) is a perennial flowering plant which has been employed throughout the ages and across the globe for a wide variety of purposes. Documentation points to its use in ancient Egypt, ancient Greece, and among native peoples in North America. Nettle has been consumed directly, or made into soup or tea. Its high content of vitamin C and iron underlies its immune-supporting effects. Nettle has traditionally been used for supporting respiratory and joint health. It is also a compound with natural abilities to help balance the body’s inflammatory response.

The bicarbonate salts in this formula—potassium and sodium—may help mitigate the potential drowsiness experienced by those who may also be taking antihistamine medications.

***These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**



Distributed by: Adaptogen Research
625 Barksdale Road, Suite 113
Newark, DE 19711

HistaCalm



Recommended Use: As a dietary supplement, take four capsules per day, or as directed by your health care practitioner (divided dosing recommended).

Supplement Facts		
Serving Size 4 capsules		
Servings Per Container 30		
Amount Per Serving		% Daily Value
Vitamin C	500 mg	556%
(as Ascorbic Acid)		
Sodium	75 mg	3%
Potassium	120 mg	3%
(as Potassium Bicarbonate)		
Tinofend*	900 mg	*
(Tinospora cordifolia)(stem)		
Nettle Extract	600 mg	*
(Urtica dioica)(leaf)		
Quercetin	600 mg	*
Bicarbonate Salts	600 mg	*
(as Potassium Bicarbonate 300 mg and Sodium Bicarbonate 300 mg)		
*Daily Value not established.		

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate.

Suggested Use

As a dietary supplement, take four capsules daily, two capsules twice per day, or as directed by your health care practitioner.

Caution

Keep out of reach of children.



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