



# Detailed Product Information



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## TRADITIONAL USES

- Stress & Anxiety
- Depression
- Irritability & Tension
- Low Serotonin
- Insomnia
- Cravings
- Post-Traumatic Stress
- Mood
- Binge Eating
- Libido

## Chemistry and Pharmacological Research

**Sceletium Tortuosum** is revered for its mood-enhancing effect, increasing alertness which gently fades into calmness, offering relief from tension, stress and anxiety. The mood-elevating action of Sceletium is caused by a number of alkaloids including mesembrine, mesembrenol and tortuosamine. These interact with the brain's dopamine and serotonin receptors, also known as neurotransmitters, as a potent serotonin-uptake inhibitor. As a serotonin – uptake inhibitor, the brain is made proficient in reclaiming neurotransmitters from the neuron receptors to the originating nerves, thus keeping more serotonin in circulation. Sceletium is known to have a balancing effect on other feel-good neurotransmitters like dopamine, norepinephrine, and on adrenaline. Thus, mesembrine allows the brain to function with reduced levels of serotonin, allowing time for natural levels to build up. Sceletium is non-addictive, non-hallucinogenic, and no severe adverse effects have been documented.

## Product Features

- |                        |              |                |                                 |
|------------------------|--------------|----------------|---------------------------------|
| Laboratory Tested      | Dairy Free   | Lactose Free   | GE/GMO Free Ingredients         |
| Certified Authentic    | Alcohol Free | Gluten Free    | Cape Nature Certified Authentic |
| Value Guaranteed       | Sugar Free   | Fungicide Free | Natural Active Ingredients      |
| Suitable for Diabetics | Soy Free     | Pesticide Free | Organically Grown               |

**IMPORTANT:** This is a food supplement and does not claim to cure a disease. Consult your physician prior to use if you have a medical condition or are taking any medications. Do not take if you are pregnant or breastfeeding without consulting your health practitioner first. Stop taking if any side effects occur. Keep out the reach of children.

Free from animal products, yeast, sugar or sodium. Contains no artificial colourants, flavourants or preservatives. Vegan and animal friendly.

Contact us at: [www.calm.life.co.za](http://www.calm.life.co.za) for all enquiries and to purchase products online