

# FEEL CALM

Make every day feel like a new day. MYNuDay360<sup>™</sup> brings you 6S-certified-safe, scientifically sound solutions designed to help you sleep better, stay focused, skip the stress, and strengthen your memory. This clinically backed product line is formulated with powerful ingredients that can deliver full-circle cognitive support. Get ready to prioritise and personalise your mental wellness regimen. Your mind is what matters most with MYNuDay360.



## MEET FEEL CALM

Nothing beats just being able to stretch out and relax. But stress is everywhere—school, work, relationships, money. And life seems to be getting more stressful all the time. Feel Calm is your zen in the noise, designed to help you manage your tempo for a more peaceful, positive you. This advanced formula supports your mood balance so you can better respond to life's big and little stressors, starting with your first dose. Keep calm and conquer your day.

## WHY YOU'LL LOVE IT

- A clinically proven formula with scientifically supported ingredients.
- Demonstrated to be safe through our 6S Quality Process.
- Support healthy stress response in the body.
- Enhances mind relaxation.
- Supports mood balance.
- Helps reduce symptoms of stress after one dose and provides continual stress support when taken daily for a month.
- Suitable for vegetarians.

## WHAT POWERS IT

- **L-Theanine from Tea (*Camellia sinensis*) Leaf Extract**—supports feelings of calm.
- **Lemon Balm Extract**—helps reduce feelings of stress and encourage calmness and relaxation.
- **Magnolia Bark Extract**—supports a positive mood and reduced stress.

## CLINICALS THAT PROVE IT

In a double-blind, randomised, placebo-controlled clinical study, 60 moderately stressed subjects took a placebo or Feel Calm blend for 30 days to evaluate the effects of the blend on stress.

After 30 days, subjects taking the Feel Calm blend reported

on average a:

- 98% improvement in occasional anxiousness (as measured by their HAM-A score).
- 93% improvement in feelings of melancholy (as measured by their HDRS score).
- 73% improvement in their restorative sleep score.

In addition to this, subjects reported improvements in multiple aspects of skin appearance, including brightness, smoothness, radiance, softness, overall appearance, and hydration.

## HOW TO USE IT

Take three (3) capsules with liquid once per day.

## TRY THESE WITH IT

- MYNuDay360 Mind Full
- MYNuDay360 Relaxing Body Cream
- MYNuDay360 Night Time
- MYNuDay360 Sharp Focus
- MYNuDay360 Energizing Hand and Body Wash

## LEARN MORE ABOUT IT

### How does Lemon Balm Extract help me feel more calm?

Lemon Balm (*Melissa officinalis*) Extract has a unique effect on mood and calmness. It has been studied for its benefits in supporting a calmer response to cognitive stress tests, as well as helping reduce feelings of anxiousness.

### How does L-Theanine help with relaxation?

L-Theanine is an amino acid that has been studied for its effects on brain waves, or the electrical activity produced by the brain. L-Theanine has been shown to promote alpha brain waves, which indicate a relaxed and calm alertness, and support healthy cortisol levels.

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## What is unique about the Magnolia Bark Extract in Feel Calm?

The Magnolia Bark Extract we use in Feel Calm is standardised to honokiol, one of the key bioactive compounds found naturally in magnolia bark. Magnolia bark has been studied for its effects on mood and calmness and has been widely used in many different cultures.

## Do I need to take Feel Calm every day?

Based on clinical research, you should begin to feel calming benefits after just one dose. The study also showed that you can get more benefits by taking the product daily for a month.

## When is the best time of day to take Feel Calm?

The best time to take Feel Calm is whenever you feel like you need it most! Many people prefer to take it in the evening when they are relaxing and unwinding. Others take it in the morning to help them feel calmer throughout their day. You can also take Feel Calm with or without food— whichever way is more convenient for you.

## Can I combine Feel Calm with other MYNuDay360 products?

Yes! You can mix and match any MYNuDay360 products to meet your specific needs.

## Who should take Feel Calm?

Feel Calm is formulated for healthy adults aged 18 and over who want additional support for stress.

## Does Feel Calm treat any medical conditions?

No. Feel Calm is a nutritional supplement designed to support feelings of calm, mood balance, healthy stress response, and more. It does not, however, treat or prevent any medical conditions, illnesses, or anxiety disorders, including major depressive disorder, post-traumatic stress disorder, phobia, panic disorder, obsessive compulsive disorder, or anxiety. Seek a trained medical professional for help with any of these kinds of conditions.

## THE SCIENCE BEHIND IT

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3. Kennedy DO, Scholey AB, Tildesley NT, Perry EK, Wesnes KA. Modulation of mood and cognitive performance following acute administration of *Melissa officinalis* (lemon balm). *Pharmacol Biochem Behav.* 2002 Jul;72(4):953-64. doi: 10.1016/s0091-3057(02)00777-3. PMID: 12062586.
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5. Yoto A, Motoki M, Murao S, Yokogoshi H. Effects of L-theanine or caffeine intake on changes in blood pressure under physical and psychological stresses. *J Physiol Anthropol.* 2012 Oct 29;31(1):28. doi: 10.1186/1880-6805-31-28. PMID: 23107346; PMCID: PMC3518171.
6. Poivre M, Duez P. Biological activity and toxicity of the Chinese herb *Magnolia officinalis* Rehder & E. Wilson (Houpo) and its constituents. *J Zhejiang Univ Sci B.* 2017 Mar.;18(3):194-214. doi: 10.1631/jzus.B1600299. PMID: 28271656; PMCID: PMC5365644.

# MYNuDay<sup>360</sup>™ FEEL CALM

## WHAT'S IN IT

### Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 30

#### Amount Per Serving

Lemon Balm 600 mg  
(*Melissa officinalis*) Leaf Extract  
(equivalent to 2700 mg dry leaf)

Tea (*Camellia sinensis*) Leaf Extract 571 mg  
(equivalent to 57 g dry leaf)

Magnolia (*Magnolia officinalis*) Bark Extract 100 mg  
(equivalent to 1.5 g dry stem bark)

**OTHER INGREDIENTS** Hypromellose, Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate.