

CLARICALM

ENHANCES FOCUS

PROMOTES RELAXATION

SUPPORTS HEALTHY BRAIN FUNCTION

REDUCES STRESS

#clearmind

CLEAR MIND, CALM FOCUS



INDICATION

ClariCalm is formulated specifically for adolescents seeking a natural way to enhance focus and mental clarity while also promoting a sense of calm and relaxation. The unique combination of GABA, L-Theanine, and Palatinose™ synergistically works to improve attention, reduce feelings of restlessness, and provide calmness. This powdered supplement can be a beneficial addition to a teen's daily regimen, particularly during periods of increased stress, academic challenges, or when experiencing disturbances in mood or sleep.

KEY DELIVERABLES

ClariCalm is an expertly crafted daily supplement, specifically designed to foster enhanced focus and a sense of calm in tweens and teens. This thoughtfully formulated blend synergizes the effects of GABA, L-Theanine, and Palatinose™, aiming to harmonize mental clarity with tranquility. GABA works to reduce neural hyperactivity, creating a soothing effect, while L-Theanine promotes alert relaxation, crucial for maintaining concentration. Palatinose™ adds a sustained energy component, supporting prolonged mental focus without the highs and lows of quick sugars. Ideal for the unique needs of growing minds, ClariCalm is the go-to supplement for nurturing a balanced, focused, and calm state, essential for academic success and overall well-being in young individuals.

ADDRESSING SPECIFIC HEALTH NEEDS

Irritability or anger

Social withdrawal

Difficulty concentrating

Nervous habits (e.g. nail biting, fidgeting)

Lack of motivation or interest

Feelings of restlessness

Occasional feelings of anxiety

Sleep disturbances

Mental fatigue or brain fog

Sensations of stress or tension

KEY INGREDIENTS:

GABA (gamma-aminobutyric acid), L-theanine, Palatinose™

FORMAT

Powdered format that can be added to water or any beverage of choice.

FUNCTIONAL BENEFITS



ENHANCES FOCUS

L-Theanine has been shown to influence brain wave activity, specifically by promoting the generation of alpha brain waves. Alpha brain waves are associated with a state of relaxed alertness and are typically observed when individuals are awake but in a calm state.



PROMOTES RELAXATION/CALMNESS

L-Theanine facilitates the production and release of gamma-aminobutyric acid (GABA), a primary inhibitory neurotransmitter. Elevated GABA levels contribute to reducing neuronal excitability, leading to an overall calming effect on the central nervous system.



REDUCES STRESS

By inhibiting neural activity, GABA contributes to a reduction in feelings of anxiety and stress. When GABA levels are sufficient, individuals generally experience a sense of calm and relaxation.

ACTIVE INGREDIENT

GABA

(Gamma-Aminobutyric Acid)
Neurotransmitter, Amino Acid

MECHANISM OF ACTION

Gamma-aminobutyric acid (GABA) acts as the main calming neurotransmitter in our brain, helping to keep our neural activity in check and maintain a balanced state. Think of GABA as the brain's "brakes," slowing down activity and creating a sense of calm.

In ClariCalm, GABA acts by reducing excessive neural activity, thereby creating a calming effect on the brain. This is particularly beneficial for young individuals who experience anxiety, restlessness, or stress-related issues that can interfere with their focus and learning. By inhibiting overactive neural pathways, GABA helps to alleviate these symptoms, fostering a sense of tranquility.

Additionally, GABA works synergistically with other ingredients in ClariCalm, like L-Theanine and Palatinose. This combination ensures that while GABA provides a calming influence, the overall cognitive alertness and focus are maintained, courtesy of the other supporting ingredients.

In essence, GABA's inclusion in ClariCalm makes it an ideal supplement for managing the unique challenges faced by young individuals in their academic and day-to-day activities. It supports a balanced neurological function, aiding in maintaining focus while promoting a calm and relaxed state, essential for the holistic well-being of tweens and teens.

L-Theanine

(Amino Acid)

L-Theanine's mechanism of action revolves around its influence on neurotransmitter activity in the brain.

L-Theanine facilitates the production and release of gamma-aminobutyric acid (GABA), a primary inhibitory neurotransmitter. Elevated GABA levels contribute to reducing neuronal excitability, leading to an overall calming effect on the central nervous system. Additionally, studies have indicated that L-Theanine can positively influence both dopamine and serotonin levels. These neurotransmitters play crucial roles in mood regulation, cognitive function, and overall well-being. Their balanced secretion, influenced by L-Theanine, can promote feelings of relaxation and contentment. Notably, unlike certain sedatives or relaxants that might induce drowsiness, L-Theanine promotes relaxation without sedation.

L-Theanine has also been shown to influence brain wave activity, specifically by promoting the generation of alpha brain waves. Alpha brain waves are associated with a state of relaxed alertness and are typically observed when individuals are awake but in a calm state.

Palatinose™

(Isomaltulose)

Palatinose™ and L-Theanine, when used in conjunction, could offer enhanced benefits for mental clarity and calmness due to their complementary mechanisms of action. The synergy between Palatinose™ and L-Theanine is that while Palatinose™ fuels the brain for prolonged mental activity, L-Theanine creates an optimal environment in the brain for this activity by promoting a relaxed yet alert state. Therefore, this combination may not only support prolonged mental exertion but also enhance the quality of cognitive output by promoting a state of calm focus. Recent studies show that low-dose Palatinose administration is linked to an increase in cerebral blood flow, highlighting a significant finding in its cognitive effects

CLARICALM SUPPLEMENT FACTS

DIRECTIONS OF USE

Typical Nutritional Information

Serving size: 10g (1 heaped scoop)

(as packed)

Servings per container: 30

	Per 10g serving	Per 100g powder
Energy (kJ)	150	1504
Protein (g)	0.0	0.0
Glycaemic carbohydrates (g)	9.0	90.0
of which total sugar (g)		
from Low-GI Palatinose™	9.0	90.0
Total fat (g)	0.0	0.0
of which saturated fat (g)	0.0	0.0
Dietary Fibre* (g)	0.0	0.0
Total Sodium (mg)	0	0
Palatinose® (isomaltulose) (g)	9.5	95.0
L-Theanine (mg)	300	3000
GABA (mg)	200	2000

**1 HEAPED SCOOP ADDED TO JUICE, WATER OR ANY BEVERAGE.****STIR WELL TO DISSOLVE.****1-2 SERVINGS DAILY. ANYTIME.**

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DISCLAIMER FOR BIOTEEN DIETARY SUPPLEMENT

The statements made about our products have not been evaluated by the Food and Drug Administration or the South African Health Products Regulatory Authority. Our products are not intended to diagnose, treat, cure, or prevent any disease. All information presented here is not meant as a substitute for or alternative to information from healthcare practitioners.

Please consult your healthcare professional about potential interactions or other possible complications before using any product. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition.

CLARIBOOST VS CLARICALM

ClariBoost and ClariCalm are two distinct formulations, each designed to meet different cognitive and emotional needs of adolescents.



CLARIBOOST

ClariBoost is an invigorating supplement that combines ingredients known for enhancing cognitive performance and energy. It's aimed at adolescents who need a mental 'kick-start' and sustained focus, especially useful during the times they need to be alert and attentive, like studying for exams or engaging in demanding tasks.

Palatinose provides a slow-release energy source, which, along with neurotransmitter support from Alpha-GPC and L-Tyrosine, helps maintain concentration over longer periods.

L-Theanine ensures that this heightened focus is achieved without overstimulation, making ClariBoost ideal for daytime use when active cognition is required. The added vitamins B3 and B12 are included to support overall brain health and neurological function.



CLARICALM

In contrast, ClariCalm is crafted to aid in stress management and mental tranquility, suitable for use when relaxation is needed without sedation. It's perfect for teens experiencing anxiety or those who find it difficult to calm their minds for studying or during stressful periods. GABA and L-Theanine work together to support a calm and relaxed neurological state, helping to moderate excitatory responses and promote calmness. ClariCalm is therefore best recommended for students who face stress, anxiety, or restlessness during classroom activities. It is designed to ease the mind, facilitating a calm yet alert state that is conducive to learning and engagement. By mitigating the distractions of anxiety and hyperactivity, ClariCalm supports students in achieving a peaceful focus, making it particularly valuable during demanding academic tasks or in high-pressure environments.

CLARIBOOST IN THE CLASSROOM

ClariBoost, with its cognitive-enhancing ingredients, could be recommended for use in a classroom environment to support various learning activities where increased mental alertness and sustained attention are beneficial. Situations might include:

MORNING CLASSES:

For students who have difficulty engaging during early classes, ClariBoost can provide a mental awakening to help them focus from the start of the school day.

DURING INTENSIVE STUDY SESSIONS:

In preparation for exams or during complex lessons, ClariBoost can help maintain students' concentration and information processing.

AFTERNOON SLUMPS:

To combat the natural dip in energy many students experience in the afternoon, ClariBoost could help rejuvenate their focus for the rest of the day.

EXTENDED LEARNING PERIODS:

For longer periods of study without breaks, such as standardized testing or back-to-back classes, ClariBoost can help sustain cognitive endurance.

FOR ACTIVE LEARNING:

In interactive or hands-on learning activities that require quick thinking and participation, ClariBoost can help students remain mentally agile.

CLARICALM IN THE CLASSROOM

ClariCalm could be recommended for use in a classroom environment under specific circumstances that require a heightened state of calm and focus without sedation. For instance:

DURING TESTING OR EXAMS:

When students need to alleviate test anxiety and maintain a relaxed focus to perform optimally without the jitteriness that can accompany nervousness.

FOR STUDENTS WITH HIGH STRESS LEVELS:

Some adolescents might experience chronic stress or anxiety in the classroom setting. ClariCalm can help mitigate these feelings, allowing for better concentration and participation.

IN HIGH-ENERGY CLASSROOMS:

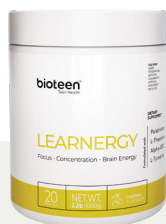
In classrooms where the environment is particularly lively or overstimulating, ClariCalm may help some students maintain a sense of calm to better process information.

FOR SPECIAL NEEDS EDUCATION:

Students who have conditions such as ADHD may find the calming effects of ClariCalm beneficial for managing impulsivity and hyperactivity, helping them to focus on learning tasks.

LEARNERGY™ VS CLARICALM

ClariBoost and ClariCalm are two distinct formulations, each designed to meet different cognitive and emotional needs of adolescents.



LEARNERGY™

Learnergy™ is a broad-spectrum nootropic supplement, designed to enhance cognitive function and sustain mental endurance. It includes 2000 mg of L-Tyrosine and 200 mg of Alpha-GPC, vital for neurotransmitter synthesis and cognitive enhancement. L-Theanine in Learnergy™ promotes alertness while reducing stress without sedation. The supplement is also enriched with B-vitamins for brain health and energy metabolism, and Palatinose™ for a consistent glucose supply, supporting prolonged mental tasks. Chromium contributes to glucose metabolism and cognitive function. Acetyl-L-Carnitine provides neuroprotection, while Betain HCL supports digestion. Learnergy™ is ideal for extended study sessions and day-long cognitive support. ClariCalm, in contrast, is tailored for promoting calmness and mental clarity. It primarily focuses on providing relaxation and stress relief while maintaining focus. ClariCalm includes ingredients like GABA and L-Theanine, which are known for their calming effects on the brain. GABA functions as an inhibitory neurotransmitter, reducing neuronal excitability and thus promoting relaxation. L-Theanine contributes to reducing stress and anxiety. Unlike Learnergy™, ClariCalm is not designed for prolonged cognitive enhancement but is instead focused on creating a balanced mental state, making it suitable for adolescents facing stress, mood disturbances, or sleep issues. This supplement helps in managing daily stressors and improving overall emotional well-being. In summary, while Learnergy™ is focused on enhancing cognitive function and endurance for academic performance, ClariCalm is geared towards promoting a sense of calm, reducing stress, and supporting a balanced mood in adolescents whilst still maintaining focus.

LEARNERGY™ IN THE CLASSROOM

Learnergy™ is tailored for students requiring enhanced cognitive function and sustained attention in academic settings. With its robust dose of L-Tyrosine and Alpha-GPC, it supports neurotransmitter synthesis, crucial for cognitive processes like memory, focus, and problem-solving. The presence of L-Theanine helps in maintaining alertness while reducing the potential stress of academic challenges. Learnergy™'s comprehensive blend, including B-vitamins and Palatinose™, supports overall brain health and steady energy release, aiding students in maintaining concentration and mental endurance throughout the school day. It's an excellent choice for extended study periods, helping students stay engaged and mentally sharp. In essence, ClariCalm is suited for creating a calm and focused environment in the classroom, especially useful for students prone to anxiety or stress, while Learnergy™ is designed to enhance and sustain cognitive performance, ideal for rigorous academic work and prolonged periods of concentration.



CLARICALM

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ClariCalm is therefore best recommended for students who face stress, anxiety, or restlessness during classroom activities. It is designed to ease the mind, facilitating a calm yet alert state that is conducive to learning and engagement. By mitigating the distractions of anxiety and hyperactivity, ClariCalm supports students in achieving a peaceful focus, making it particularly valuable during demanding academic tasks or in high-pressure environments.

CLARICALM IN THE CLASSROOM

ClariCalm is ideal for students who may experience stress, anxiety, or restlessness in the classroom. Its calming ingredients like GABA and L-Theanine help in reducing nervousness and promoting mental clarity without causing drowsiness. This can be particularly beneficial during high-stress situations like exams or presentations. ClariCalm helps in maintaining a relaxed yet alert state, which can enhance focus and concentration. Its ability to mitigate stress responses makes it a valuable tool for students who might struggle with the pressures of the classroom environment, allowing them to stay composed and attentive during lessons.