



CalmGenic

Mood, Stress,
& Anxiety Support



Brain



Hormone



Gut

KEY INDICATIONS

- Dysregulated cortisol patterns or HPA axis dysfunction
- Anxiety, stress reactivity, or mood instability
- Poor sleep quality or difficulty falling/staying asleep
- “Wired but tired” patterns (daytime fatigue, nighttime stimulation)
- Cognitive fatigue, poor focus, or mental overwhelm
- Caffeine reliance or inconsistent energy patterns
- Stress-related digestive symptoms (bloating, gas, loose stools)
- Reduced stress resilience or adrenal depletion

HOW IT WORKS

CalmGenic supports mood, stress, and anxiety by regulating the HPA axis, adrenal signaling, and key stress-related genes (*TPH2*, *SLC6A4*, *GABRA1*, *COMT*). Its blend of herbs, amino acids, and nutrients promotes GABA and serotonin activity while balancing excitatory neurotransmitters. The formula supports healthy cortisol rhythms, modulates stress pathways, and enhances gut-brain communication, making it a primary formula for stress, anxiety, sleep disruption, and HPA axis imbalance.

CLINICAL PEARLS

- Pair with **Neuro μ Biomic** and **Neuro Superfood** when anxiety, mood swings, or gut-brain dysfunction are prominent.
- Pair with **DREM** when sleep disturbance or difficulty falling asleep is a primary concern.
- Therapeutic dosing recommended when symptoms are more pronounced or impacting daily function; reassess after 6–12 weeks and transition to maintenance once improved.



SYSTEMIC FORMULAS INC



ALIMENTUM LABS

SUPPLEMENT FACTS

Serving Size: 2 capsules Servings: 30

	Amount Per Serving	%DV
Vitamin B1 (Sulbutiamine)	12.5 mg	1042%
Vitamin B6 (Pyridoxal 5'-phosphate)	2 mg	118%

Nutrigenomic Support 950 mg *

Beta-Alanyl-L-Histidine; *Ocimum sanctum*; SAME (S-Adenosyl-L-Methionine Tosylate); *Griffonia simplicifolia* (5-HTP); L-Taurine; *Melissa officinalis* (Ext); Ashwagandha (Ext); *Rhodiola rosea* (Rosavin, Salidroside); *Ziziphus spinosa* (Ext); *Camellia sinensis* (L-Theanine); *Cordyceps militaris*; GABA; *Mucuna pruriens* (L-DOPA); L-Tryptophan; *Sceletium tortuosum* (Zembrin®); DHEA; *Hypericum perforatum* (Hb)

*Daily Value not established.

Other Ingredients: Cellulose, Organic Bamboo Fiber, Leucine, Organic Rice Extract, Organic Rice Hulls, Organic Gum Arabic, and Organic Sunflower Oil.

KEY INGREDIENTS & BENEFITS

L-Theanine, Ashwagandha, *Rhodiola rosea*, and *Ocimum sanctum*: Adaptogenic and calming compounds that support cortisol balance, HPA axis regulation, and resilience to physical and emotional stress.

***Sceletium tortuosum*, *Griffonia simplicifolia*, SAME, and *Hypericum perforatum*:** Support serotonin production, reuptake, and receptor activity, promoting emotional stability, stress tolerance, and balanced mood.

***Ziziphus spinosa*, *Melissa officinalis*, and GABA:** Promote GABAergic activity to support relaxation, improve sleep quality, and reduce neural excitability.

L-Tryptophan, *Mucuna pruriens*, DHEA, Vitamin B6, and Vitamin B1: Support neurotransmitter synthesis, dopamine pathways, and adrenal-hormonal balance.

***Cordyceps militaris*, Taurine, and Beta-Alanyl-L-Histidine:** Provide neuroprotective, antioxidant, and mitochondrial support, enhancing cognitive resilience, energy production, and overall stress adaptation.

ALLERGEN & DIETARY INFO

- cGMP Facility
- Non-GMO
- Vegan
- Dairy Free
- Gluten Free
- No Sugar

INSTRUCTIONS

Maintenance dose: 2 capsules daily with or without food

Therapeutic dose: 4 capsules daily with or without food

SAFETY & CONTRAINDICATIONS

- Use caution with SSRIs, SNRIs, MAOIs, or other serotonergic medications, as combined effects and improvements on serotonin pathways may occur requiring medication adjustment; monitor for tolerance.
- Use in pregnancy or lactation should be guided by a qualified healthcare practitioner due to the presence of neuroactive and hormone-influencing compounds.
- Use in children under professional supervision due to the formula's effects on neurotransmitter and stress-response pathways; dosing should be individualized based on age, weight, and clinical presentation.
- Monitor in individuals with complex mood or neurological conditions.

Updated: 4/29/26



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.

