



# Kalmansia 45 Capsules Drasanvi

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## Description

Contributes to the normal function of the nervous system. Kalmansia is a food supplement that help keep the nervous system balanced with their carefully selected ingredients. Kalmansia include valerian, lemon balm, oats and griffonia simplicifolia. The latter is rich in 5-HTPs, a substance that is a precursor of tryptophan and serotonin.

## Ingredients

Griffonia dry extract (*Griffonia simplicifolia*, 40% 5HTP) 340 mg, Casing (*Hydroxypropyl Methylcellulose*)

, Bulking agent (*Maltodextrin*), Valerian dry extract (*Valeriana officinalis L*) 100 mg, Lemon Balm dry extract (*Melisa officinalis L*) 100 mg, Magnesium oxide 100 mg, Vitamin C (*Ascorbic acid*) 30 mg, Anti-caking agent (*Magnesium salt of fatty acid*), Anti-caking agent (*Silicon dioxide*), Vitamin B6 (*Pyridoxine hydrochloride*) 4 mg

## Directions

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Take 1-2 capsules a day with water or juice whenever you need it. If you are taking this product to help you sleep, take it one hour before going to bed.

## Presentation

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Contains 45 capsules of 522 mg. Total weight: 23,5 g (0.82 oz)

## Warnings

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Consult your doctor if taking anxiolytics. This is a food supplement: food supplements should not be used as a substitute for a balance diet and a healthy lifestyle. Do not exceed the recommended daily dose. Keep out of the reach of children. Store in a cool, dry place.

## Additional Information

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### ***Griffonia simplicifolia* containing 40% 5-HTP**

5-HTP is a precursor of tryptophan. However, this substance can only be obtained from natural sources such as from *Griffonia simplicifolia*, as we have done.

## Nutrition Facts

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Per daily dose (2 capsules)

Ingredient	Percentage	Quantity
Vitamin B6	285,7%	4 mg
Vitamin C	37,5%	30 mg

Magnesium

16%

60,29 mg

% NRV (Nutrient Reference Value)

## Allergen Information

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Allergen-free

## Certifications

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