



# SWYCH PURE CALM

## PROMOTES A CALMING MOOD & STRESS RELIEF

In today's fast-paced, high-pressure world, managing stress isn't a luxury—it's a necessity.

Pure Calm by SWYCH is a scientifically crafted, all-natural formula designed to help you stay calm, focused, and emotionally balanced—no matter what life throws your way. Packed with powerful adaptogens like Ashwagandha and Rhodiola, calming botanicals like Chamomile and Lemon Balm, and mood-supporting nutrients like GABA, L-Theanine, and 5-HTP, Pure Calm works with your body to ease anxiety, support mental clarity, and promote emotional well-being without causing drowsiness or dependency. Whether you're facing deadlines, dealing with daily chaos, or simply need help unwinding, Pure Calm delivers the steady, natural support your mind and body deserve.



**SERVINGS: 30**

CAPSULES | SKU: NS3258

## ZORBMAX® DELIVERY TECHNOLOGY

SWYCH® is a scientifically-driven technology company. We specialize in the development and production of superior wellness products, utilizing our proprietary ZorbMax® Delivery Technology. Through our commitment to superior quality, we have solved the limited absorption issue of traditional delivery methods for nutraceutical & cosmeceutical products.

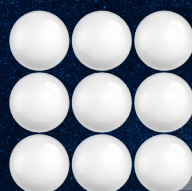
Studies show that less than 55% of all supplements ingested orally ever reach the cell. This is why we have made our products faster acting, delivering



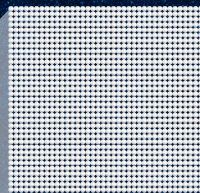
superior absorption & helping you perform at your best. At Swych, our nutrition particles are so small, millions of them could fit on the head of a pin. These tiny particles can easily enter your blood stream & deliver the needed nutrition directly into your cells.

**For those who demand nothing but the best! We deliver “MAXIMUM BIOAVAILABILITY”.**

NORMAL PARTICLES



~ 1000 X



ZORBMAX®  
TECHNOLOGY PARTICLES



## PURE CALM

### Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 30

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1)	15 mg	1,250%
Riboflavin (Vitamin B2)	14 mg	1,077%
Niacin (Vitamin B3)	30 mg	188%
Vitamin B6 (as Pyridoxine HCl)	10 mg	588%
Biotin (Vitamin B7)	400 mcg	1,333%
Pantothenic Acid (Vitamin B5)	20 mg	400%
Calcium (as Calcium Citrate)	30 mg	2%
Magnesium (as Magnesium Citrate)	30 mg	7%
Zinc (as Zinc Oxide)	30 mg	272%
Stress Relief Blend	900 mg	*
<small>Ashwagandha, Rhodiola Crenulata, GABA, Chamomile, Lemon Balm, Chinese Skullcap, Chinese Hawthorn, Bacopa Monnieri, Magnolia, Passion Flower, Valerian, L-Theanine, Oat Straw, L-Phenylalanine, St John's Wort, Hops, 5-HTP.</small>		

\*\* Daily Value Not Established.

**Other Ingredients:** Cellulose, Magnesium Stearate (vegetable).

### HOW TO USE:

Take 2 capsules once a day. For the best results, take 20-30 min before a meal with a full glass of water.



#### Manage Daily Stress Naturally •

Formulated with powerful adaptogens like Ashwagandha and Rhodiola, Pure Calm helps your body adapt to mental, physical, and emotional stress more effectively.

#### Promote a Calm, Balanced Mood •

Includes calming herbs like Chamomile, Lemon Balm, Passion Flower, and Valerian Root—known for their ability to support emotional balance and reduce tension.

#### Support Mental Clarity Under Pressure •

Ingredients like L-Theanine, GABA, and 5-HTP help support a clear, focused mind without causing drowsiness or foginess.

#### Relieve Occasional Anxiety and Irritability •

Helps take the edge off without pharmaceuticals—ideal for those who experience anxiousness, mood swings, or mental overwhelm.

#### Boost Mood & Serotonin Naturally •

Contains 5-HTP and St. John's Wort, both known to support natural serotonin production—often referred to as the “feel-good” neurotransmitter.

### IDEAL FOR PEOPLE WHO

- Feel mentally overwhelmed, tense, or easily irritated.
- Want a natural alternative to manage stress or mood.
- Have high-stress jobs, busy lifestyles, or struggle to “unwind”.
- Prefer to avoid pharmaceutical mood stabilizers
- Are navigating emotional ups and downs due to life changes
- Want to stay calm, focused, and emotionally balanced every day.

#### Strengthen Your Stress Response

Adaptogenic herbs like Bacopa Monnieri and Magnolia Bark help balance cortisol levels and reduce the impact of long-term stress.

#### Replenish Nutrients Burned by Stress •

Stress depletes your body's supply of critical nutrients — Pure Calm replenishes with: **B-complex vitamins** (B1, B2, B3, B5, B6, Biotin) and **Magnesium, Calcium, and Zinc**.

#### Improve Sleep Quality (Indirectly) •

While not a sleep aid, Pure Calm's ingredients help quiet a busy mind—often leading to more restful sleep for those affected by stress or anxiety.

#### Stay Calm Without Feeling Sedated •

Unlike many calming supplements, Pure Calm won't make you feel tired. It's designed for daytime use—perfect for work, social events, or stressful situations.

#### Safe, Non-Habit Forming & Natural •

No harsh sedatives, no dependency. Just clean, plant-based support for your mood and stress levels.

**Warning:** Keep out of reach of children. Not intended for individuals under the age of 18. Consult your healthcare provider prior to use if you are pregnant, attempting to become pregnant, nursing, taking medications, or have any health care concerns. Do not use if safety seal is broken or missing.

**Storage:** Store in a cool, dry place.

\* 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.

For More Information, Contact:





## INGREDIENTS & BENEFITS

**Ashwagandha** • Reduces cortisol levels, enhances stress resilience, promotes relaxation.

**Rhodiola Crenulata** • Supports endurance and mental performance under stress, reduces fatigue.

**GABA** (Gamma-Aminobutyric Acid) • Natural calming neurotransmitter that eases nervous tension and promotes relaxation.

**Chamomile** • Traditionally used to reduce anxiety and calm the digestive system.

**Lemon Balm** • Promotes a relaxed mood and mental clarity; may ease restlessness.

**Chinese Skullcap** • Supports a healthy stress response and brain protection.

**Chinese Hawthorn** • Assists with physical tension relief and supports heart health.

**Bacopa Monnieri** • Improves memory, focus, and reduces the impact of stress.

**Magnolia Bark** • Helps manage stress-related symptoms and regulate cortisol.

**Passion Flower** • Soothes nervous energy and supports restful sleep.

**Valerian Root** • Promotes relaxation and may improve sleep quality.

**L-Theanine** • Encourages calm alertness, supports alpha brainwave activity.

**Oat Straw** • Nourishes the nervous system, supporting emotional stability.

**L-Phenylalanine** • Precursor to dopamine and norepinephrine; supports mood and attention.

**St. John's Wort** • May help relieve symptoms of mild depression and improve mood.

**Hops** • Naturally calming; supports relaxation and better sleep.

**5-HTP** • Supports natural serotonin production, mood balance, and sleep cycle.

## VITAMINS & MINERALS

**Vitamin B1** (Thiamin) • Supports nerve function and energy metabolism.

**Vitamin B2** (Riboflavin) • Aids energy production and cellular function.

**Vitamin B3** (Niacin) • Supports nervous system and reduces fatigue.

**Vitamin B5** (Pantothenic Acid) • Aids in hormone and neurotransmitter production.

**Vitamin B6** (Pyridoxine HCl) • Key in serotonin and dopamine synthesis.

**Biotin** (Vitamin B7) • Supports cognitive function and mood stability.

**Magnesium** (Magnesium Citrate) • Promotes relaxation, muscle ease, and mood support.

**Calcium** (Calcium Citrate) • Helps with nerve transmission and muscle function.

**Zinc** (Zinc Oxide) • Supports mental clarity and neurological health.

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