



Wellness
from the
Andes

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Product Launch!

TEOMA



Mental health is becoming more important
as stress keeps increasing worldwide





Teoma brings you an **exclusive formula**
that will help you **reach a status of...***

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION (FDA). THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE



TEOCALM



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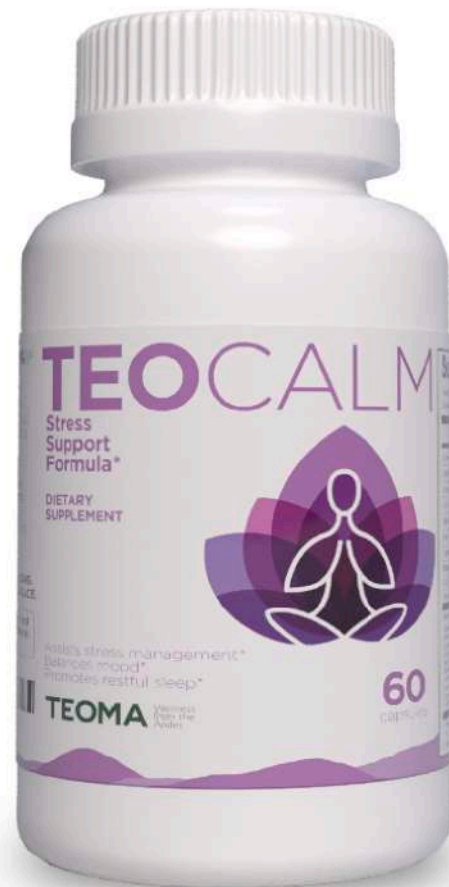
TEOCALM

Stress support
formula*

Assists stress
management*

Balances
mood*

Promotes restful
sleep*



Teoma Stress Support Proprietary Blend:



Vitamins and Minerals:





RHODIOLA



SKULLCAP

Rhodiola and skullcap contain compounds that help **reduce fatigue and anxiety**, and **help combat cognitive and sleep disturbances**.

It has been shown, according to scientific studies, to have **neuroprotective and anti-inflammatory properties**.



LUTEIN

According to scientific studies, lutein acts as an **antioxidant** and as an **anti-inflammatory agent**, so the intake of this dietary component can contribute to **improving neuronal health**.

**ASHWAGANDHA**

Ashwagandha according to scientific studies, has a remarkable **anti-stress and anxiolytic activity**.

In addition, it has **positive effects on cognitive function** and **memory improvement**.

**CHAMOMILE**

Chamomile is used for its **calming qualities as a sedative, mild pain reliever**, and for **gastrointestinal conditions**.

It also has **relaxing properties** and helps you fight insomnia.



GAMMA-AMINOBUTYRIC ACID
(GABA)

GABA is a non-protein amino acid and neurotransmitter that **regulates the neuronal response**, giving a feeling of calm by fulfilling an **important role in stress regulation**.

According to clinical reports, it regulates brain function, and plays an **important role in vision, sleep, muscle tone, and motor control**.



LEMON BALM

Lemon balm is used as **a modulator of mood and cognitive function**.

In addition, lemon balm and its main component, rosmarinic acid, effectively **improve liver injury and obesity**.



HAWTHORN FRUIT

Hawthorn, according to recent studies, have shown its effectiveness in **reducing blood cholesterol and the risk of cardiovascular diseases.**

In addition, it has **antioxidant and anti-inflammatory capacity.**



BACOPA

Bacopa is an herb, considered nootropic. It is recognized for its **antioxidant neuroprotective activity.**

According to clinical studies, it **improves cognitive performance.**



MAGNOLIA

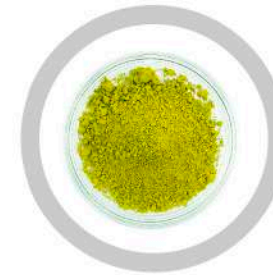


VALERIAN

PASSION
FLOWER

Magnolia, valerian, and passion flower have **anxiolytic** and **sleep-inducing properties**.

Widely used in Chinese medicine to **treat mild anxiety, nervousness, and sleep-related problems**.



L-THEANINE

L-Theanine is a natural amino acid, known to be an **anxiolytic supplement with relaxation benefits**.

In addition, it has positive effects on cognitive performance, emotional state, quality of sleep and cardiovascular diseases.



ST. JOHN'S WORT



HOPS

St. John's wort and hops are known for their **antidepressant properties, acting positively on mood.**

In addition, according to clinical studies, it helps **reduce anxiety, nervousness and restlessness.**



OAT STRAW

Oats contain antioxidant phytochemicals that can help **reduce inflammation** and **oxidative stress.**

This cereal is a source of tryptophan, essential to produce serotonin and melatonin, which **induce relaxation** and **improve the quality of sleep.**

**GRIFFONIA SIMPLICIFOLIA**

Griffonia simplicifolia, due to its high content of 5-HTP, is an enhancer of the activity of the brain hormone serotonin that is responsible for **inducing relaxation** and **improving sleep**.

**CALCIUM**

Calcium is key in the **survival of neurons**.

According to recent scientific studies, it plays an **important role in learning** and **memory**.



MAGNESIUM

Magnesium **plays an important role in the nervous system** and can help regulate neurotransmitters that are directly related to sleep.

Furthermore, it is essential for a variety **of enzymatic reactions in our body.**



ZINC

Zinc has the function of **catalyzing enzymes** and facilitating the breakdown of proteins.

In addition, it plays an **antioxidant role** and **helps the proper functioning of immune cells.**



POTASSIUM

Potassium plays an important role in **lowering blood pressure**, which influences the risk of stroke and coronary heart disease.



VITAMIN B-COMPLEX

B-complex vitamins are important in the **production of energy at the cellular level**.

In addition, it plays an important role in the **synthesis of numerous neurotransmitters** and **brain signaling molecules**.

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Stress support
formula*

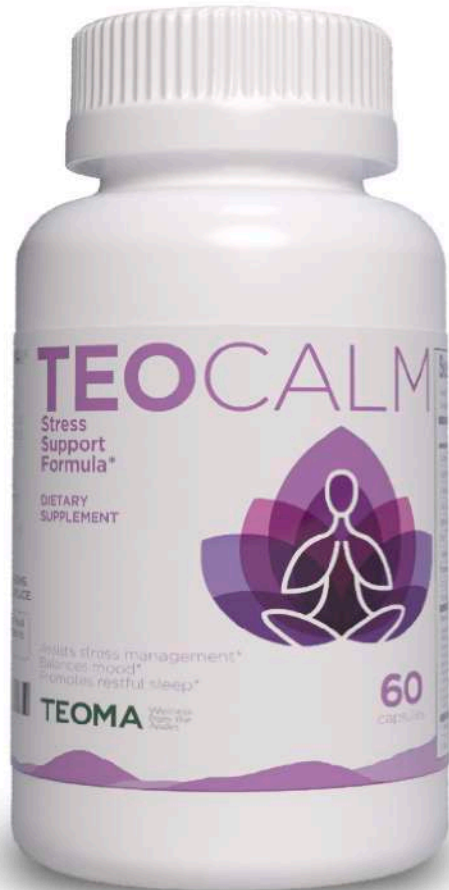
Assists
stress management*

Balances
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Promotes restful
sleep*

- **Rhodiola** and **skullcap** contain compounds that help reduce fatigue, anxiety and help combat cognitive and sleep disturbances.
- **Ashwagandha** according to scientific studies, has a remarkable anti-stress and anxiolytic activity.
- **GABA** is an amino acid and neurotransmitter that regulates the neuronal response, giving a feeling of calm by playing an important role in stress regulation.
- **Lemon balm** is used as a modulator of mood and cognitive function.
- **Magnolia, valerian** and **passionflower** have anxiolytic and sleep-inducing properties. Widely used in Chinese medicine to treat mild anxiety, nervousness, and sleep-related problems.
- **L-theanine** is a natural amino acid, known to be an anxiolytic supplement with relaxation benefits.
- **St. John's wort** and **hop** are known for their antidepressant properties, acting positively on mood.
- **Griffonia simplicifolia**, due to its high content of 5-HTP, is an enhancer of the activity of the brain hormone serotonin that is responsible for inducing relaxation and improving sleep.
- **Magnesium** plays an important role in your nervous system and can help regulate neurotransmitters that are directly related to sleep.





SUGGESTED USAGE:

As a dietary supplement:



2 veggie capsules once a day

**For best results
take 20-30 min
before a meal**



**with an 8 oz. glass
of water**

or as directed by a healthcare professional.



-  **Stress support** formula*
-  Assists **stress management***
-  **Balances mood***
-  Promotes **restful sleep***

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IMAGE FOR ILLUSTRATIVE PURPOSES
*INFORMATION VALID ONLY IN THE U.S.

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