

NUTRITIONAL INFORMATION

CALM INGREDIENTS:

- ROOIBOS TEA (700mg)**
Reduces harmful inflammation and lowers stress-hormone levels.
- COCOA NIBS (500mg)**
Rich in antioxidants to help reduce stress and inflammation.
- ASHWAGANDA (100mg)**
An adaptogen to help the body resist physical and mental stress.
- TURMERIC (100mg)**
Helps relieve anxiety and improve overall mental wellbeing.

PER SERVING:

CAFFEINE	0mg	CARBOHYDRATES	<0.5g
CALORIES	0	PROTEIN	0.5g
FAT	<0.5g	SALT	<0.01g