

**Doctor's Best Calm-Z with Zembrin®** helps calm and relieve stress, tension, and occasional anxiety. It helps increase attention, focus, motivation, and concentration.\*

Zembrin® is a patented standardized extract of *Sceletium tortuosum* (Kanna); its use has been documented for more than 300 years. It has been clinically shown to enhance cognitive function and is cultivated in an environmentally sustainable process.\*

**Helps enhance executive function\***

**Helps enhance processing speed\***

\*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.

Zembrin® is a trademark of HG&H Pharmaceuticals (Pty) Limited. U.S. Patents #6,288,104, #8,552,051 and #8,980,338 B2



YDRB456-1

**Dietary  
Supplement**

**Doctor's  
BEST®**

**Science-Based  
Nutrition™**

**Calm-Z**  
with **Zembrin®**

**HELPS CALM AND RELIEVE  
STRESS AND TENSION\***



**25 mg • 60 Veggie Caps**

## Supplement Facts

Serving Size 1 Veggie Capsule

Servings Per Container 60

	Amount Per Serving	% Daily Value
Zembrin® ( <i>Sceletium tortuosum</i> (aerial parts) extract)	25 mg	†

† Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, hypromellose (vegetarian capsule), silicon dioxide, magnesium stearate (vegetable source).

**Suggested Adult Use:** Take 1 capsule daily with or without food, or as recommended by a nutritionally-informed physician. Daily oral dose not to exceed 25 mg.

**WARNING:** Consult your physician before using this product if you are pregnant, breastfeeding, or are taking anti-depressant or anxiety medication. Discontinue use two weeks prior to surgery. Keep out of reach of children.

**Non-GMO / Gluten Free / Soy Free / Vegan**

This product contains natural ingredients that may vary in color. Store in a cool dry place.

Manufactured for: **Doctor's Best, Inc.**

California, 92612 USA

(800) 777-2474 [www.drbbvitamins.com](http://www.drbbvitamins.com)