



Product Information Sheet

Purple Cushhh Mental Clarity

60 Capsules (Normal: 1-2 caps per day Insomnia: 2-4 caps at bed time or as prescribed)

Natural Calming Effect, Induces sleep, Fights Anxiety,
Produces 5-HTP, Reduces teeth grinding, Relives mood
swings, tension and irritability, Helps control appetite,
May improve depression, OCD, and Bipolar Disorder

Ingredients

L-Tryptophan

The brain is a complex organ that controls a person's thoughts, memory, emotions, movement and the function of many organs of the body. The optimum state for every person is to have a focused and clear state of mind. In order to achieve mental clarity the mind must not be clouded with indecision, be overwhelmed or constantly filled with worry about situations. Difficulty with concentration and obtaining mental clarity can be related to sleep disorders, anxiety, depression, stress and emotional trauma.

L-Tryptophan is an essential amino acid (organic compound that combine to form proteins) that helps the body make certain brain-signaling chemicals. The body changes Tryptophan into a chemical called Serotonin which is a key hormone that impacts on the entire body.

The Serotonin in the brain helps to regulate a person's mood, anxiety and levels of happiness, resulting in an overall feeling of well-being. Regular intake of Tryptophan will help a person to sleep better due to its sedative effect on the body. The result of better sleep patterns will not only improve the general health but help to promote calmness and mental clarity. Lack of sleep can lead to problems such as depression, reduced concentration and memory as well as a decline in motor co-ordination.

Further benefits of Tryptophan and the increased production of Serotonin include reduction of depression and anxiety, relief of headaches and migraine symptoms, better metabolism and improved physical performance.

