

## Kids Calm Frequently Asked Questions

### 1. What is the difference between Kids Calm and Kids Mood+®?

Kids Calm promotes mind and body relaxation when it's time to wind down and prepare for a restful night's sleep. Kids Mood+ can be used to help your child manage their mood and stress response. Both products support healthy neurotransmitter production—GABA, and serotonin—but Kids Calm also supports the body's natural production of melatonin, the primary neurotransmitter that promotes sleep.\*

Kids Calm is a delicious, chewable gummy while Kids Mood+ comes in a pixie stick-like packet filled with a yummy, easy-to-digest powder. Think of Kid's Mood+ as day use (school, concentrations, tasks) and Kids Calm for evening/night wind down.\*

### 2. How and when would I use Kids Calm?

Every parent knows that kids thrive by establishing routines, which is why we recommend adding Kids Calm to your child's bedtime routine. At the end of the day, the body starts to receive signals that it should create melatonin because it's time to wind down and sleep—add Kids Calm to your kiddo's routine to boost the signals.

Note: Kids Calm is formulated without synthetic melatonin; rather, it promotes the body's natural production of melatonin for a better night's sleep.\*

Because Kids Calm does not contain synthetic melatonin, your child can take it any time of day and they won't start to feel sleepy until evening.

### 3. Is Kids Calm safe for children of all ages?

Kids Calm is recommended for children ages 4 and up. Please consult with your physician before giving to children under the age of 4.

### 4. Does Kids Calm contain gelatin?

Kids Calm does not contain gelatin. It is made with pectin, a naturally occurring starch in produce such as apples and citrus fruits. Pectin is used to gel foods like fruit jams, jellies, and gummy candy. Pectin is what gives Kids Calm its gummy texture.

### 5. Is it sugar free?

Yes, Kids Calm is sugar free. It is sweetened with blueberry juice.

### 6. Is it gluten free?

Yes, Kids Calm is gluten free.

### 7. My Kids Calm jar seems really big and half empty. Is that right?

Packaging for Kids Calm contains the intended 40 gummies.

### 8. Why are my gummies sticky?

The natural ingredients in Kids Calm do not have artificial additives or binders. If your Kids Calm gummies are a little sticky, this is normal and they are still safe to consume.

### 9. Can adults take Kids Calm?

Kids Calm is recommended for children age 4 and older and is formulated with smaller doses of ingredients that might not be as effective in adults. We recommend adults try Sleep+, which contains clinically studied ingredients to promote better sleep and support the body's natural production of melatonin.

### 10. Can my kids take Kids Calm while on prescription medications?

Prior to taking new supplements, we recommend checking with your child's doctor or healthcare professional if they are taking any prescription medication or have a medical condition.

### 11. What can I expect when giving Kids Calm to my kids?

Kids Calm promotes mind and body relaxation when it's time to wind down. Cultivate calm with a blend of B and D vitamins, plus key ingredients that support the body's own production of melatonin for a better night's sleep. Kids Calm helps children wake up rested and refreshed without feeling groggy.\*

### 12. What are the Natural flavors in Kids Calm?

Kids Calm is naturally flavored with blueberry juice, lemon, and chamomile.