

VidaCalm Reviews: Is It Legit?

Hidden Ingredients, Side Effects Dangers Exposed!



Are you susceptible to sound? Does the sound of a phone buzzing from afar or a clock tick bother you? If this is the case, people may be prone to headaches, tiredness, and heightened irritability. This trio is believed to trigger anxiety and increase stress levels while reducing productivity and capacity to concentrate, learn new knowledge, or retain information. Understanding the toll this may have on a day-to-day basis, one team came forward with what they

believe is the ultimate hearing, brain, and mood-enhancing supplement. The purpose of this review is to introduce [VidaCalm](#).

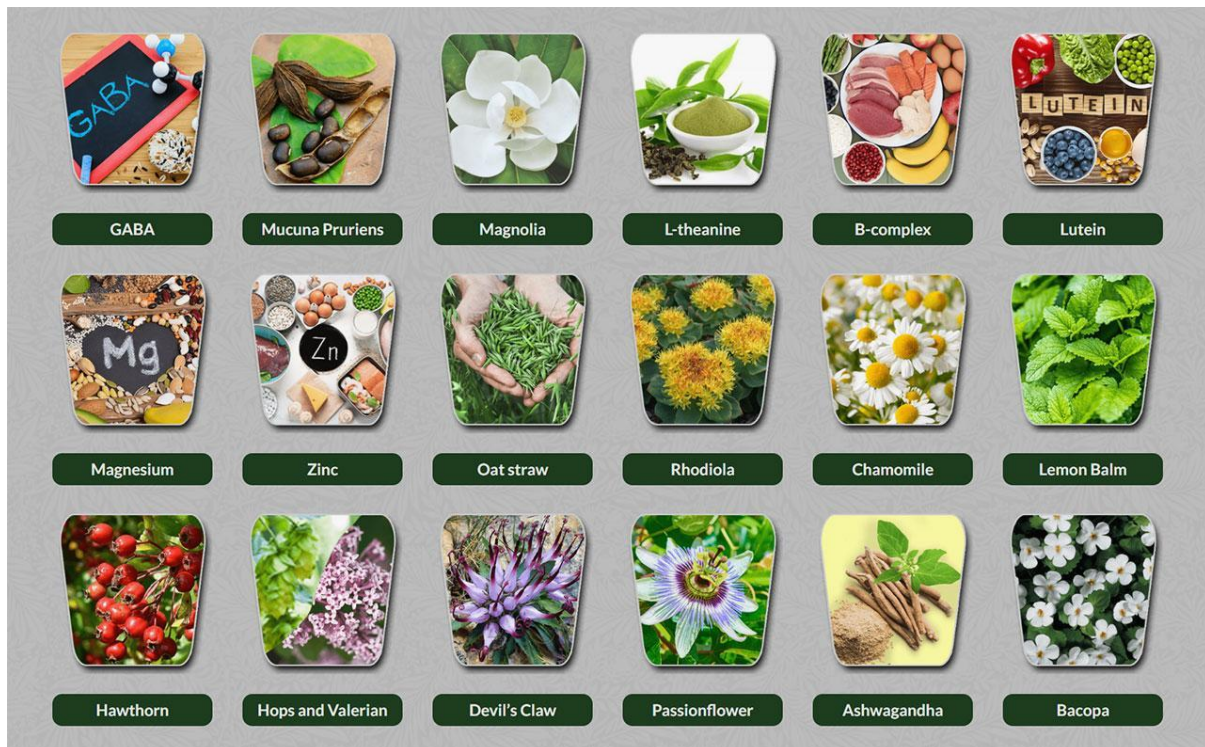
What is VidaCalm?

VidaCalm is a natural hearing support that improves hearing and attention while easing mood and stress levels. The supplement's creators turned to herbal medicine because they believe antioxidants, minerals, vitamins, and other plant-based substances are imperative for healthy neurocognition. In fact, VidaCalm has been developed in response to the mental toll that loud noises and tinnitus symptoms can have. In the latter case, people might feel like sounds are everywhere, yet they aren't. Similarly, even the slightest sounds may bother those naturally sensitive to noise. Whatever the condition, individuals are anticipated to feel calmer with each VidaCalm serving. To understand why this is so, we must look at the ingredients.

[VidaCalm Is On Sale Now For A Limited Time!](#)

What's inside VidaCalm?

The VidaCalm proprietary blend (420mg) comprises 18 herbal ingredients. Specifically, we have:



Rhodiola

Rhodiola ^[1] is an herb whose roots (essentially comprising rosavin and salidroside compounds) are widely acclaimed for their adaptogenic properties. In other words, ingesting it might help the body to respond better to stressful situations. One study involving 118 persons with stress-related burnout found a significant improvement in stress and despair, among other things. These claims are based on a daily intake of 400mg for 12 weeks.

The same adaptogenic properties in Rhodiola might alleviate fatigue. A separate study showed that 400mg suffices every day for eight weeks. Other areas of improvement include quality of life, concentration, and mood. A review of 36 animal studies concluded that Rhodiola improved learning and memory. More research on the

latter is still needed with human subjects to validate these results. Finally, there is no evidence to suggest that the herb might directly impact hearing health.

[Click here to order while supplies last!](#)

Lutein

Lutein [2] is an oxygen-containing carotenoid naturally found in the eyes. Since it is rich in antioxidant effects, this compound is trusted to play a positive role in cognition and heart health and may prevent cancer risk. Regarding brain health, research has shown that a dose of 10mg and another compound called zeaxanthin could possibly improve memory over a year. They might also help prevent neurodegenerative diseases, but research on this is mixed at the time of writing. A scientific study [3] on the effects of lutein and zeaxanthin reported its relevance in hearing health. Specifically, this duo is found in the auditory cortex and is trusted to efficiently segregate signals and noise. However, clear evidence is not available.

Ashwagandha

Like Rhodiola, Ashwagandha [4] is an adaptogenic plant. Hence, it might be calming, especially among those undergoing anxiety and stress-related symptoms. Dosing ranges from 240mg to 600mg are thought to reduce cortisol levels in the body, which may explain the

claimed calming effects. This herb is also perceived as a pain reliever because of its anti-inflammatory properties. People who have arthritis might also find Ashwagandha to be helpful. Other stated benefits that merit further investigation include reduced blood pressure, cholesterol levels, chest pain, and the risk of heart disease.

Chamomile

Chamomile [5] is a type of daisy that has been historically recommended for treating fevers, headaches, kidney, liver, bladder functions, and muscle spasms, among several others. More recently, it has been consumed to overcome insomnia, anxiety, and digestive issues. While human studies are either mixed or poorly designed, animal studies showed the herb's sedative and anti-anxiety effects, which might explain its sleep-inducing characteristics. A dose of 300mg is believed to shorten the time until one falls asleep.

Gamma Aminobutyric Acid (GABA)

Gamma-aminobutyric acid (GABA) [6] is a naturally occurring neurotransmitter known to calm the nervous system by reducing the activity of neurons in the brain. In other words, GABA counteracts one's fight-or-flight response by relaxing the brain. This is why supplementing with it might ease stress and anxiety. It could also promote overall wellness by stabilizing blood pressure levels and

lowering the risk of obesity (mainly by reducing body fat and triglyceride levels and increasing lean muscle mass).

Lemon Balm

Lemon balm [7] is a lemon-scented herb belonging to the mint family. Like many herbs found in VidaCalm, this one also relieves stress (namely by reducing feelings of alertness) and anxiety (mainly nervousness and excitability). Furthermore, it is believed to help with cognitive abilities, such as memory and concentration. Another explored area worth mentioning is sleep. In particular, when the lemon balm is combined with valerian (which will be discussed next), participants reported 70 to 80% improvements in feelings of restlessness and insomnia.

Research suggests a dose of between 300 and 600mg thrice daily to make the most of this herb.

Valerian

Valerian [8] is an herb supposedly referred to as “nature’s Valium.” Although researchers aren’t entirely sure of its precise mechanism on the body, they have pinpointed several compounds reckoned to ease the mind, including valepotriates, monoterpenes, sesquiterpenes, carboxylic compounds, lignans, flavonoids and traces of GABA. Of the several theories, many have settled on valerenic acid’s and valerenol’s (two primary compounds in the

herb) ability to act on GABA receptors in the body, consequently regulating nerve impulses in the nervous system. Put differently; individuals can anticipate experiencing sedative effects. As for the dose, anywhere between 530 to 765mg is deemed suitable. Less is generally required when paired with lemon balm (320mg).

[Visit the official website for ordering VidaCalm >>>](#)

Skullcap

Skullcap [9] is yet another herb belonging to the mint family. It comprises a rich source of antioxidants believed to ease the dangerous effects of oxidative stress on the body. Popularly used in traditional Chinese medicine, skullcap has been shown to provide protection against memory impairment and reduce symptoms associated with anxiety, stress, and fatigue. The reason has to do with compounds like baicalin and wogonin. The former has been demonstrated to exert anxiolytic effects in animal studies, whereas the latter has been shown to increase GABA levels in the brain [10].

Hawthorn

Hawthorn [11] is a type of berry that grows on the Crataegus genus of trees. It contains polyphenols believed to neutralize the effects of oxidative stress. Furthermore, this fruit is said to house anti-inflammatory properties – leading to reduced liver inflammation and injury. One particular compound called vitexin might assist in

keeping the latter levels in check. Other benefits include lower blood pressure and cholesterol levels, digestive support, anti-aging improvements, and reduced anxiety. It is important to note that 300mg is generally recommended daily, but this dose is derived from animal-based studies, warranting more human studies.

Bacopa monnieri

Bacopa monnieri [\[12\]](#), also known as the herb of grace, is a staple in Ayurvedic (or Indian) traditional medicine. Its consumption has been shown in studies to improve brain function, reduce anxiety and stress, and perhaps treat epilepsy. In terms of brain health, the advantages include increased spatial learning, information retention, and memory. Studies on its uses have tested a dose between 300 and 600mg over 12 weeks, which has beneficial effects. For those with ADHD, this herb might also reduce symptoms such as restlessness, inattention, impulsivity, and hyperactivity. The adaptogenic properties of Bacopa monnieri are responsible for its anxiety and stress-relieving upsides.

Magnolia Bark

Magnolia bark [\[13\]](#) is derived from the Chinese houpou magnolia tree. For thousands of years, its bark has been used in traditional Chinese medicine for its abundant polyphenol micronutrients or neolignans (specifically, magnolol and honokiol), which may alleviate symptoms associated with asthma, depression, anxiety,

stomach issues, and inflammation. In terms of anxiety and even stress, doses ranging from 250mg to 500mg twice to thrice daily may dramatically lower cortisol levels, improving mood and sleep and decreasing inflammation.

Passionflower

Passionflower [\[14\]](#) is an herbal historically used to ease anxiety, insomnia, seizures, and hysteria. From the evidence available in animal and human studies, this ingredient contains anxiolytic effects, which in turn implies positively impacting GABA and dopamine levels. The higher the dopamine levels, the better because it contributes to our movement, memory, and motivation and ups one's reward center. Unfortunately, the lack of studies makes it hard to tell whether this ingredient will truly have comparable results across different people.

L-Theanine

L-theanine [\[15\]](#) is an amino acid obtained primarily from plants and certain types of mushrooms. It remains a popular candidate for relieving stress and brain function. In particular, L-theanine is believed to increase alpha brainwave activity, which is associated with increased relaxation and concentration. It is also deemed similar to L-glutamate, suggesting its dual purpose: easing the mind and exciting the neurons when appropriate. A dose of 200 to 400mg per day for up to eight weeks is the norm, especially if anti-stress

effects are desired. More research is needed, however, to corroborate this range.

[Place your order today by clicking here before stock runs out! >>>](#)

Oat Straw

Oat straw [16] is made from unripe *Avena sativa* plants. It is high in avenanthramides, an antioxidant that promotes heart health and blood flow (by increasing nitric oxide synthesis) and lowers the risk of inflammatory diseases. Two older persons studied the effect of oat straw on brain function and discovered that a dose of 800 to 1600mg significantly increased memory and concentration levels. According to the same source, these outcomes may be biased because the company responsible for the oat straw extract was actively involved.

Mucuna Pruriens

Mucuna pruriens [17] is a type of bean that grows from vines. It contains an amino acid called L-dopa, which is a precursor to the dopamine neurotransmitter. As noted throughout this review, the latter regulates mood and behavior. This has also been confirmed through rat-based studies, where L-dopa is said to have rebalanced hormones that typically trigger feelings of sadness and anxiousness. Given many inconsistent outcomes, it is still being

determined what an acceptable dose of *Mucuna pruriens* would be [18].

St John's Wort

St John's Wort [19] is a flowering plant considered an herbal solution for alleviating associated symptoms. Despite this ingredient's weak evidence, it can potentially support people with mild to moderate depression by elevating their mood. However, it may take months before noticing any effect. A dose between 300 and 1200mg daily is sufficient for increasing serotonin, dopamine, and noradrenaline levels. Alas, its exact mechanism is unclear, and when taken with medication, the latter's power might be significantly reduced.

Hops

Hops [20] are flowers of the *Humulus lupulus* plant. While most people know the plant for their beer-making uses, its health benefits must also be highlighted. Specifically, hops contain essential oils and flavonoids believed to exert anti-inflammatory, antioxidant, antimicrobial, and anticancer properties. In the grand scheme, hops might have sedative properties, allowing individuals to fall asleep faster while capping anxiety levels. It should be combined with valerian and passionflower for the best possible results.

Griffonia simplicifolia

Griffonia simplicifolia [21] is an African plant from which 5-hydroxytryptophan is extracted. This supplement, often known as 5-HTP for short, is primarily used to increase serotonin levels in the brain, enhancing mood, appetite, and other functions. Per one study, a daily intake of 50 to 300mg may also help with sleep quality. Surprisingly, consuming too much 5-HTP might have the opposite effect, exacerbating anxiety.

As for the vitamins and minerals profile, each serving also houses **Thiamine** (6mg), **Riboflavin** (6mg), **Niacin** (14mg), **Vitamin B6** (4mg), **Biotin** (150mcg), **Vitamin B5** (8mg), **Magnesium** (12.5mg), and **Zinc** (12.5mg).

[Buy VidaCalm Before it's SOLD OUT](#)

Frequently Asked Questions (FAQ)

Is VidaCalm safe?

VidaCalm is deemed safe because it was made in the United States, specifically in an FDA-registered, GMP-certified facility. The creators also pledge to have subjected each bottle to strict and sterile conditions. Just because this formula is all-natural does not guarantee that consumers will be safe from adverse effects. For these reasons, those with pre-existing health conditions and healthy

people should see their doctors before beginning. VidaCalm is not recommended for pregnant or nursing women or children under 18.

How should VidaCalm be taken?

As a dietary supplement, individuals should take one capsule daily with an adequate source of water.

Will VidaCalm cause any medication interactions?

The risk of medication interaction varies based on the medication used. Individuals will need to conduct additional research on this to be safe.

What are the purported benefits of taking VidaCalm?

Those with symptoms of stressful noise, poor ear health, or impaired cognition are stated to see and feel a difference after taking VidaCalm.

[Click to read unbiased reviews from real customers!](#)

How long will it take to receive shipments of VidaCalm?

VidaCalm exclusively ships to the continental United States, and packages take between five and 10 business days to arrive.

Is VidaCalm protected by a money-back guarantee?

Yes, VidaCalm comes with a 60-day money-back guarantee. If individuals do not notice or feel any improvement in their mood, ear, or brain functions during the first 60 days of purchase, customer service should be alerted to begin the return process. This policy does not apply to bottles that have been opened or used. For the specifics on the policy, consider one of the following points of contact:

Email: support@vidacalm.com.

Mailing Address: PhytoThriveLabs, 19655 E 35th Dr #100, Aurora, CO 80011, USA

BASIC PACK	ULTIMATE DISCOUNT PACK	POPULAR PACK
1 Bottle	6 Bottles + 4 FREE eBooks	3 Bottles + 4 FREE eBooks
		
\$79 Per Bottle	\$59 Per Bottle	\$69 Per Bottle
Total: \$79	Total: \$294	Total: \$177
BUY NOW	BUY NOW	BUY NOW
+ Small shipping fee Savings: \$20	+ Free US shipping Savings: \$434	+ Small shipping fee Savings: \$284

How much does VidaCalm cost?

The more VidaCalm bottles purchased, the lower the per-unit cost. Below is a rundown of the prices illustrating the savings opportunity at hand:

1 VidaCalm bottle: \$79 each

3 VidaCalm bottles: \$69 each

6 VidaCalm bottles: \$59 each

[Click Here to Get VidaCalm At Discounted Price!!!](#)

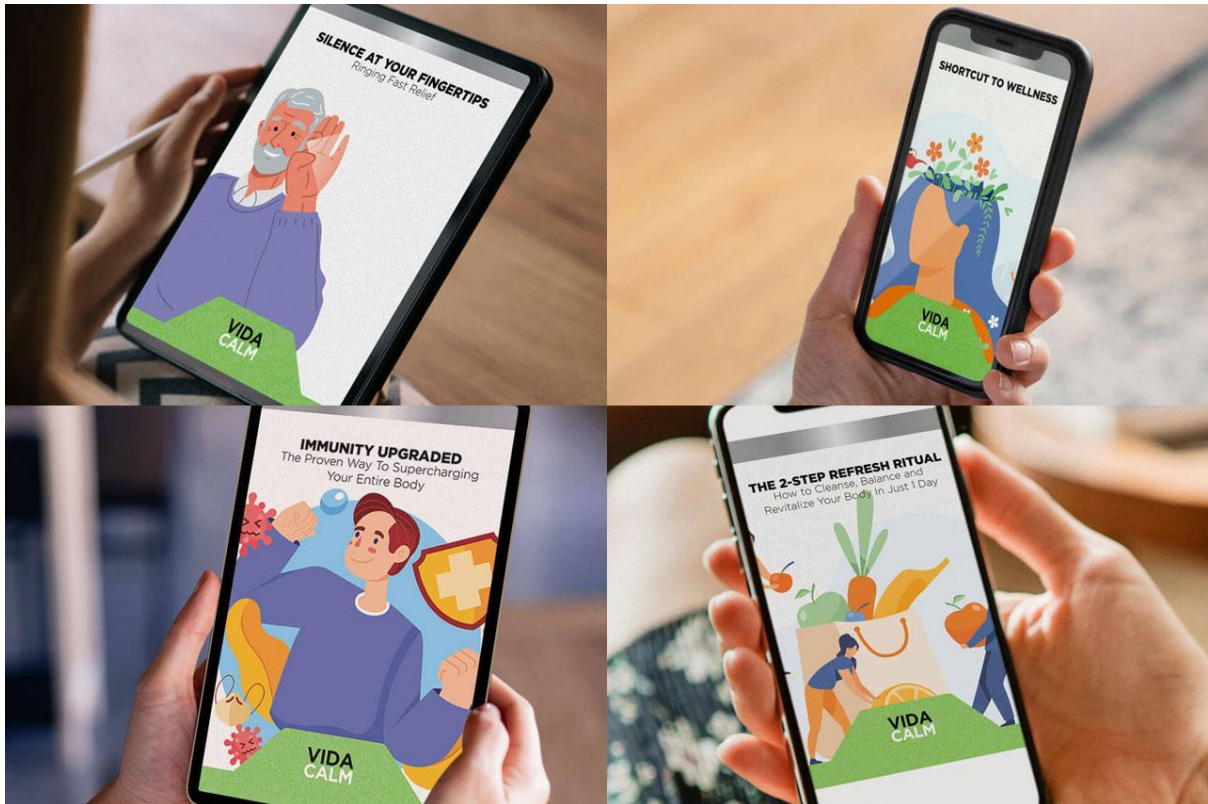
Larger purchases are also recommended because it takes time to see and feel a positive difference. To encourage long-term uses, the creators have not only reduced the pricing, but they also included four free bonus eBooks reckoned to assist with hearing, cognition, and mood. Lifestyle recommendations are presented in the following:

Bonus #1. Silence At Your Fingertips: Ringing Fast Relief, comprising easy-to-do exercises for a positive change in hearing;

Bonus #2. Shortcut to Wellness, summarizing hacks for the mind and body using technology;

Bonus #3. Immunity Upgraded the Proven Way to Supercharging Your Entire Body, covering every aspect of immunity;

Bonus #4. The 2-Step Refresh Ritual for cleansing, balancing, and revitalizing the body in a single day.



Final Thoughts

From the analysis above, individuals should have gathered that VidaCalm has the potential to alleviate stress, anxiety, and symptoms brought on by one's overall sensitivity to noise. In digging into the literature, most of the selected ingredients match the claims made by the creators, which is reassuring. Of course, research on herbal medicine is still in its early stages, with many constituents requiring human-level investigations. This is not to argue that the purported advantages will not materialize because studies need to be more widespread.

Instead, whether the benefits would be extended to the general population is uncertain. So, if people are interested in VidaCalm, they must accept both traditional and scientific reasonings.

Another issue to consider is dose. The above-reported studies examined the ingredients individually, explaining the higher doses. When combined with multiple herbs, as in the case of VidaCalm, a smaller quantity helps to prevent an excess of any particular compounds. Is this to say that a proprietary blend is preferable? This has been highly debated, seeing how we would never know how much each ingredient is found per serving. Finally, advertising VidaCalm as a hearing support is misleading, as little to no ingredients have a direct effect on ear health. In light of everything, this solution is better suited for improving cognition, brain function, and mood. At the end of the day, each person must do a thorough analysis before adding anything new to their regime. [For more on VidaCalm, visit the official website by clicking here! >>>](#)