

## Daily Calm Kit: Supplements & Herbal Relief Guide

### 1. Supplements by Mechanism

Category	Targets	Examples
GABA Support	Racing thoughts, tension	Glycine, Magnesium glycinate, Lemon balm
Cortisol Modulation	Wired at night, AM panic	Ashwagandha (PM), Phosphatidylserine, Taurine
Blood Sugar Stabilizers	Shakiness, irritability	Vitamin B1, Chromium, Protein + carb meals
Adrenergic Blockers	Heart palpitations, panic	L-theanine, Magnesium taurate, GABA
Vagal Tone & Grounding	Shallow breath, chest tension	Holy basil, Vagus audio, Breathwork

### 2. Herbal Teas by Symptom Type

Symptom	Tea	When
Anxiety + muscle tension	Chamomile + Skullcap	Afternoon or bedtime
Sleep anxiety	Lemon balm + Passionflower	30-60 min before sleep
Panic or overstimulation	Holy basil + Rose	Anytime as needed
Shaky / adrenal crash	Licorice root + Ginger	Morning or midday
Tension with bloat	Peppermint + Fennel	Post-meal, PM

### 3. Pairing Guide (Stacking Strategy)

- Daily AM Stack (baseline anxiety):
  - - 100 mg L-theanine
  - - 1 tsp glycine
  - - Lemon balm tea
  - - Breakfast with protein + salt
- Midday Calm Stack:
  - - Magnesium glycinate 200 mg
  - - Skullcap + chamomile tea
  - - Light walk / breathwork
- Night Stack (can't fall asleep):
  - - Glycine (3 g)
  - - Magnesium glycinate
  - - Lemon balm + passionflower tea
  - - Legs-up wall + vagus audio

### 4. Additional Calming Herbs

- • Blue Lavender – mild sedative, relieves restlessness and tension. Best used as a tea or essential oil. Use 1 tsp dried lavender per cup of boiling water, steep 5–10 min. Good in the evening.
- • Calendula – calming, anti-inflammatory, gentle on the gut. Use as tea (1 tsp dried flowers per cup), steep 10 min. Combine with chamomile or lemon balm for synergistic effect.

### 5. Supplement Use & Timing Guide

Supplement	Dose	How & When to Take
L-theanine	100–200 mg	Morning or afternoon. Take with or without

		food for focus/calm. Avoid pairing with sedatives.
Glycine	3-5 g	Before bed. Can be added to warm milk or taken as powder/tablet.
Magnesium glycinate	200-400 mg	Evening. Take with dinner or 1 hr before sleep.
Taurine	500-1000 mg	AM or PM. Best taken on an empty stomach or with light food.
Ashwagandha	300-600 mg	Evening. Helps blunt cortisol and improve sleep onset. Avoid if already sluggish or low cortisol.
Phosphatidylserine	100-300 mg	Late afternoon or evening. Use for high evening cortisol or sleep onset issues.
Holy basil	Tea or capsule	Anytime. Calms racing thoughts. Avoid before sleep if energizing.
Lemon balm	Tea or capsule	PM. Supports GABA and sleep, best taken 30-60 min before bed.
Chamomile	Tea	Afternoon or night. Reduces tension and promotes

		relaxation.
Skullcap	Tea or tincture	PM. Muscle relaxation and anxiety relief. Good for sleep stacks.

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