

Bliss CBD Gummies + Ashwagandha

bliss®

A natural soothing botanical mix for calming the body and mind. Plants such as ashwagandha, the L-theanine content in white and green teas, and many botanicals such as lemon balm have all been accepted for their unique ability to help the body adapt and respond to various stressors.



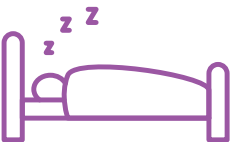
L-theanine

- May work by promoting normal levels of the neurotransmitters GABA, serotonin and dopamine in the central nervous system.
- Research has shown it promotes a state of alert relaxation.
- Helps promote relaxation because it binds to glutamate receptors, supporting the production of GABA.



Ashwagandha

- May support sleep quality.
- Helps maintain healthy cortisol levels, which is directly linked to the amount of stress someone may experience.
- Suggested to support the body's response to physiological and psychological stress.
- Well known for its neurocognitive properties.



Lemon Balm

- May help the body adapt to stress.
- May help relieve tension in the mind and body.
- Clinical studies have shown lemon balm to support calmness, alertness and sleep quality.

