

# Be Calm

Be Calm is a formula that especially targets children who exert high levels of energy which can lead to potential dietary deficits. This is a carefully selected range of minerals for the over active child that is unable to concentrate properly during the day.

## Dosage:

- Children (1-11yrs): 1 tablet – 4 times daily
- Infants (0-11months): 1/2 tablet – 4 times daily
- *Continue until symptoms subside*

## For sudden onset:

- Take every half hour until symptoms improve (for max. of 2 days).
- Chew tablets or crush and dissolve in water.
- For infants add a few drops of water to crushed tablet and mix into a paste, administer paste to mouth with dummy, spoon, finger etc.