



Longevity & Wellbeing

Relax – Calming Blend (Lemon Honey Ginger)





A Note from Our Founder

In today's crowded wellness space, knowing what to trust can be a challenge. I created More. Longevity & Wellbeing to offer clean, effective solutions—crafted with intention, rooted in science, and designed to support real, lasting change.

At More., we go beyond ingredients. Every formula is developed with bioavailability and synergy in mind—ensuring nutrients are delivered in forms your body can absorb, and work in harmony to support your health.

We take a systems-based approach, working with the body's natural intelligence to promote balance, resilience, and whole-body vitality.

No trends. No fillers. Just thoughtful formulations made to meet you where you are.

*Thank you for being here,
Pascale Rothman
Founder, More. Longevity & Wellbeing*



Evaluating the Science Relax Offered by More Longevity & Wellbeing



More. Longevity & Wellbeing Relax Calming Blend | Honey Lemon Ginger Drink Mix for Stress Relief, Digestive Comfort & Relaxation | Potent Extract-Based Formula with Adaptogens, Vitamins & Prebiotics | No Fillers | Third-Party Tested | Made in the USA

Relax Calming Blend is an ambitious attempt to address Stress / Relaxation through a synergistic blend of Vitamins, Minerals, Amino acids, Botanical Extracts and Prebiotics. Scientifically, it draws from well-established Neurochemical pathways associated with Mood Regulation, Neurotransmitter Synthesis and Autonomic Nervous System Modulation. Its design distinguishes itself from many competing products by integrating non-symptomatic relief components and cofactors necessary for Neurotransmitter Biosynthesis / Stress Response Regulation.

At the core of this formulation are the bioavailable B vitamins: Niacin (B3), Pyridoxine (B6), Methylcobalamin (B12), and Methylfolate (B9). These are critical for One-Carbon Metabolism and Methylation processes, particularly the conversion of Homocysteine to Methionine and the subsequent synthesis of S-Adenosyl Methionine (SAME), a universal Methyl Donor involved in Monoamine Neurotransmitter Synthesis. Vitamin B6 serves as a coenzyme in the Decarboxylation of 5-HTP to Serotonin and L-DOPA to Dopamine, both key Mood-Regulating Neurotransmitters. Methylated forms enhance bioavailability and bypass expressions in Folate metabolism (MTHFR mutations), which are often overlooked by generic supplements.

How to Use

1. Scoop: Measure 1 scoop (8.5g) of the Relax Blend.
2. Pour: Add 6-8 oz of hot water for a calming infusion.
3. Stir & Unwind: Stir well until fully dissolved. Breathe in the soothing honey lemon ginger aroma and let relaxation take over.

For a cozy, latte-like experience, blend with warmed almond milk or your favorite dairy-free alternative.


Supplement Facts			/ Servings Per Container: 30		
Serving Size: 8.5g (Approx. 1 Scoop)					
	Amount Per Serving	% Daily Value*	Continued	Amount Per Serving	% Daily Value*
Calories	20		Ginger Root Extract	400mcg	
Total Fat	0g	0%	Ashwagandha Extract	250mg	
Carbohydrates	6g	2%	Chamomile Extract	100mg	
Dietary Fiber	5g	18%	Passion Flower Extract	100mg	
Total Sugars	1g	†	Lemon Balm Leaf Extract	100mg	
Protein	0g		N-Acetyl, L-Tyrosine	500mg	
Vitamin C (as Sodium Ascorbate)	40mg	50%	L-Theanine	100mg	
Vitamin B3 (as Niacin)	10mg	80%	Gamma Amino Butyric Acid (GABA)	100mg	
Vitamin B6 (as Pyridoxine HCl)	2mg	117%	5-Hydroxytryptophan (5-HTP)	25mg	
Folate (as Methylfolate)	400mcg	100%	Inulin, Chicory (as Prebiotic Fiber)	5,000mg	†
Vitamin B12 (as Methylcobalamin)	500mcg	20,830%			
Magnesium (as Magnesium Citrate)	200mg	48%			
Sodium	5mg	<1%			

* Percent Daily Values are based on a 2,000 calorie diet
† Daily Value not established.

Other Ingredients: Honey Granules, Lemon Juice Powder, Monk Fruit Extract. Suggested Use: Add 1 scoop (8.5g) to 6-8oz of hot water, stir well. Manufactured in a facility that processes Milk, Soy, Eggs, Nuts, and Wheat.

Indulge in a journey of health with our premium blends, meticulously crafted to elevate lifestyle and vitality. Relax promotes peace and tranquility, while soothing the stomach. This blend was created to help the body to adapt to and cope with life's challenges. Ease up. Rest. Restore balance. Enjoy Relax Honey Lemon Ginger Blend. Made for the mental well-being of men and women.

www.morewellbeing.com
Made in the USA
Natural, Effective, Vegan.
No Artificial Additives, Chemicals or Fillers.



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Magnesium Citrate



Magnesium Citrate plays a critical role in this formula's stress and nervous system support. Known for its high bioavailability, this form of magnesium is ideal for working in synergy with vitamin C, amino acids, and prebiotics. It supports NMDA receptor modulation, GABAergic activity, and electrolyte balance—key pathways involved in mood regulation and relaxation.

Deficiencies in magnesium are linked with excitability, anxiety, and impaired HPA (Hypothalamic-Pituitary-Adrenal) axis function. The inclusion of Sodium and Potassium helps maintain neuronal firing and adrenal resilience under stress.

The Amino Acid blend



N-Acetyl L-Tyrosine, L-Theanine, 5-HTP and GABA - targets Neurotransmitter Dynamics. Tyrosine supports Catecholamine Synthesis, which mitigates Stress-Induced Dopamine Depletion. L-Theanine, from Green Tea, promotes Alpha Wave activity and antagonizes Glutamate receptors, exerting a calming yet non-sedating effect. 5-HTP, a Serotonin precursor, supports Mood Elevation, particularly when combined with cofactors like Vitamin B6. GABA, the principal Inhibitory Neurotransmitter, may be limited in Blood-Brain Barrier permeability in its isolated form, but when combined with other calming agents, it may augment Peripheral Nervous System effects and modulate Gut-Brain Axis pathways.

The Botanical Adaptogens and Nervines



Ashwagandha, Passionflower, Lemon Balm, Chamomile and Ginger - introduce Phytochemical modulation of Cortisol, GABA and Serotonin pathways. Ashwagandha reduces Cortisol / improves Stress Resilience. Passionflower / Lemon Balm enhance GABAergic tone, while Chamomile contributes Anxiolytic and mild Sedative properties. Ginger adds Anti-Inflammatory / Digestive benefits, reinforcing the Gut-Brain Axis, which is further supported by Inulin / Chicory-derived Prebiotics. The Prebiotic inclusion suggests a recognition of Microbiota influence on Stress and Neurotransmitter production, particularly via Short-Chain Fatty Acid Synthesis and Gut Epithelial Health.

Most competing supplements fall short of expectation by over relying on single-pathway Botanicals or by excluding necessary cofactors for Neurotransmitter synthesis. Additionally, they often neglect the foundational nutritional Biochemistry that underlies Stress Physiology, especially the integration of Methylation, HPA (Hypothalamic-Pituitary-Adrenal) - Axis modulation and Gut-Brain communication. Relax is distinct in its multifaceted design, targeting upstream / downstream mediators of stress, from Cellular Energy and Methylation to Neurotransmitter activity / Receptor Balance.

Consumers considering this product should recognize its value not merely as a calming agent, but as a system - oriented, Neurobiologically informed intervention. It does not merely dull the symptoms of Stress - it addresses the Physiological underpinnings of Resilience, Mood Regulation and Neuroendocrine Balance. In a market saturated with superficial solutions, this formula stands out for its biochemical depth, systemic support and intelligent integration of modern Neuroscience with traditional Herbalism.

Please visit www.morewellbeing.com to learn more about our company and extensive listing of products. More. Longevity & Wellbeing. Join the wellness revolution, where science meets tradition for a healthier tomorrow!!!



Click Here to Shop the Relax Blend



Longevity & Wellbeing

Science-backed. Synergy-driven. Made to work.
Every formula is crafted so you can feel the difference—and live with intention.

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