# Blog 3

**Q&A: What You Need to Know About NAS Calm and Calm & Relax**

**Q: What is the main difference between Calm and Calm & Relax?**  
Calm is the rescue remedy. It is a fast-acting herbal tablet that takes effect within 10 to 20 minutes, making it ideal for specific stressful occasions such as vet visits, travel or fireworks. Calm and Relax is the daily wellness option. This powder works through the gut-brain connection with amino acids and adaptogens, supporting emotional balance over time.

**Q: Which product is best for fireworks or thunderstorms?**  
Calm is the right choice. Given 10 to 20 minutes before the event, it helps pets relax without making them drowsy. The traditional herbal blend works quickly and allows them to stay settled yet alert.

**Q: What about dogs that are anxious every day?**  
Calm and Relax is designed for this scenario. With L-Tryptophan, L-Theanine and probiotic support, it develops ongoing resilience and emotional stability when used daily. Unlike fast relief, this is about building balance over time.

**Q: Can the two products be used together?**  
Yes. Many owners use Calm and Relax as a foundation supplement and then add Calm on top for high-stress events. Think of it as the difference between daily vitamins and an emergency remedy.

**Q: How can I explain the difference in ingredients?**  
Calm uses traditional Chinese herbs that have soothed nervous systems for centuries. Calm and Relax is built on modern nutritional science, pairing amino acids that support serotonin production with probiotics that influence mood through the gut-brain axis.

**Q: What about dosing and ease of use?**  
Calm tablets are flexible. They can be given whole, crushed, or dissolved in water. Calm and Relax is a powder that mixes into food and is dosed according to the dog’s weight, making it simple for daily routines.

**Q: What if a customer’s dog refuses tablets?**  
Calm tablets can be crushed into food or dissolved into a small treat, while Calm and Relax blends smoothly into the meal. Both are gentle on the stomach and designed for palatability.

**The Bottom Line**

Stock both. Calm provides quick relief for situational stress, while Calm and Relax supports long-term balance. In practice, many of your customers will use both as their dog’s needs shift between daily management and specific moments of stress.

[POS materials for Calm](https://drive.google.com/drive/folders/17kYLkUrwbTKxGxmvvIc6SAzk5qeFOKf9?usp=drive_link)

[POS materials for Calm & Relax](https://drive.google.com/drive/folders/1oS8FXcfQtpu6yKwZhCWpd8v2dziHVPqh?usp=drive_link)