

# VidaCalm Reviews: Should You Buy Vida Calm Hearing Support Formula or Scam?



VidaCalm is a nutritional supplement designed to support healthy hearing and fight back against tinnitus.

Featuring 18 essential nutrients, herbs, and plants, VidaCalm claims to use the latest advances in neurocognitive science to support brain health, hearing, tinnitus relief, and stress response.

Does VidaCalm truly work? How does VidaCalm work? Keep reading our review to learn about the ear health supplement and its effects.

# What is VidaCalm?

VidaCalm is an ear health supplement [available exclusively from the official website](#).

According to the manufacturer, you can support healthy hearing by taking one capsule of VidaCalm daily. The supplement is marketed primarily to people with hearing loss, tinnitus, brain fog, and similar symptoms.

In fact, according to the official website, over 74,000 musicians, doctors, veterans, politicians, and Hollywood celebrities have already used the formula, making it one of the internet's bestselling hearing loss formulas.

VidaCalm is made in the United States in an FDA-registered, GMP-certified facility by PhytoThrive Labs. The supplement was formulated by an accomplished tinnitus researcher named Christopher Palmer.

## VidaCalm Benefits

The makers of VidaCalm describe the formula as the most advanced supplement for healthy hearing, claiming it can help you achieve peace of mind.

VidaCalm makers claim the following benefits:

Eliminates tinnitus permanently

Works whether dealing with occasional tinnitus or struggling with tinnitus for decades

Supports healthy hearing

Supports overall brain health

Features a blend of 18 handpicked, natural ingredients with no side effects

Help defend against stressful noises and support the overall stress response.

Overall, VidaCalm is primarily marketed as a way to relieve tinnitus quickly.

However, you could enjoy positive effects – from brain health to cognition to hearing support.

[Order your supply of VidaCalm now and start enjoying the benefits!](#)

## How Does VidaCalm Work?

VidaCalm makers say taking one capsule daily can fix tinnitus, solve hearing problems, and support overall ear and brain health.

The makers of VidaCalm specifically describe the supplement as a “long-term tinnitus solution.” Whether you've been dealing with tinnitus occasionally or for years, VidaCalm can help you enjoy permanent relief from the ringing, whirring, or whooshing in your ears associated with tinnitus.

VidaCalm targets the root cause of tinnitus to achieve these effects: excess glutamate buildup in your brain.

Glutamate is in the foods we eat. You develop hearing loss and other tinnitus symptoms when you get too much glutamate. The ingredients in VidaCalm remove glutamate from your system for maximum tinnitus relief.

## Who Created VidaCalm?

VidaCalm was created by Christopher Palmer, a hearing and tinnitus researcher for 13+ years. Christopher appears on the official VidaCalm website with a stethoscope around his neck, which suggests he treats patients as part of his research role.

For the past 13 years, Christopher has dedicated his life to curing tinnitus. He has fought against the notion that tinnitus is a “made-up” condition.

Christopher admits that he has treated patients as part of his job. He claims to have helped celebrities hear better, for example, and he claims to have seen “thousands” of hearing loss, tinnitus, and ear health cases over the years. Instead of just sitting in his lab researching cures for tinnitus all day, Christopher appears to have genuine patient care experience.

Christopher worked with a team of “over 70” international researchers to develop the VidaCalm formula. He also worked with hundreds of tinnitus sufferers to refine that formula.

[Try VidaCalm today and see the difference it can make for your hearing!](#)

# Ignoring Tinnitus Could Harm Long-Term Health

According to Christopher Palmer's research, tinnitus is a valid medical condition. Christopher claims tinnitus affects a specific region of the brain. If you ignore tinnitus, you could increase the risk of severe health problems – including brain disorders.

**“The more you leave this untreated, this shrinking can lead not only to louder tinnitus ringing, but to a host of other problems.”**

Those problems include brain paralysis, increased hearing loss, and a higher rate of memory loss, among other issues.

According to Christopher, people at 40 have an exceptionally high risk of the condition, as do people with high blood pressure, blood sugar issues, diabetes, and other conditions.

By taking VidaCalm today, you can fix tinnitus rapidly, according to the official website, and avoid the health consequences listed above.

# The Cure for Tinnitus is Already Inside You

VidaCalm works on a simple premise: we all have a filter system inside ourselves. This filter system helps us remove noise from the surrounding environment.

Christopher's research found everyone has tinnitus – even deaf people. However, most people have a filter system that eliminates the noise caused by tinnitus. If they concentrate, they can hear the ringing or whooshing of tinnitus. But their brain naturally filters the sounds of tinnitus subconsciously.

Christopher developed VidaCalm to provide similar calmness to your brain. Whether you've had tinnitus for years or weeks, you can purportedly enjoy long-term relief with VidaCalm because it activates your brain's innate filters.

We all have a cure for tinnitus within ourselves. VidaCalm activates that filter to silence the ringing in your ears permanently.

[Protect your hearing and reduce tinnitus with VidaCalm. Order now!](#)

## Glutamate Disables Your Body's Natural Tinnitus Filter

VidaCalm works by targeting a neurotransmitter called glutamine. According to Christopher Palmer's research, excess glutamine levels disable your body's natural tinnitus filter, leading to symptoms.

Christopher compares tinnitus to epilepsy. Both are linked to neurotransmitter imbalances in the brain. That's a problem because many foods contain glutamate. Eating a glutamate-free diet is virtually “impossible,” according to Christopher. It's in processed foods, lunch meats, cheeses, and even natural and organic foods.

Consuming high amounts of glutamate damages your brain and hearing and increases tinnitus symptoms.

Symptoms of glutamate overload include:

- Sudden spikes in tinnitus symptoms

- Tinnitus gradually gets worse over time

- Difficulty sleeping

- Headaches

- Mood issues

“These are telltale signs of excess glutamate,” Christopher says.

# What to Expect with VidaCalm: Step-by-Step Process

Christopher Palmer and his team developed VidaCalm as part of a 4-step process for relieving tinnitus. After you take one capsule of VidaCalm, the supplement walks your body through three steps for long-term tinnitus relief, including:

## Stage 1) VidaCalm Targets the Root Cause of Tinnitus – Excess Glutamate Buildup

Christopher's research found excess glutamate causes tinnitus. The first step with VidaCalm is to target this excess glutamate buildup. To do that, VidaCalm provides you with gamma-aminobutyric acid or GABA. According to Christopher, GABA “is exactly what you need” for tinnitus because it can restore the normal function of your overactive auditory cells. As soon as GABA enters your body, it signals your brain to eliminate excess glutamate as fast as possible. Each capsule of VidaCalm contains the “perfect amount of GABA” to fight excess glutamate buildup. Other ingredients in VidaCalm, meanwhile, support your body's ability to produce GABA on its own, including magnolia,

## Stage 2) Repair the Damage Done by Tinnitus

Tinnitus does damage your ears and brain over time. When left untreated, tinnitus can cause brain disorders, memory loss, and other serious health problems. That's why Christopher and his team added certain ingredients to VidaCalm to repair the damage done by tinnitus, giving you long-term relief and better long-term hearing. These ingredients are based on the science of neuroplasticity, which is the idea your brain can heal itself.

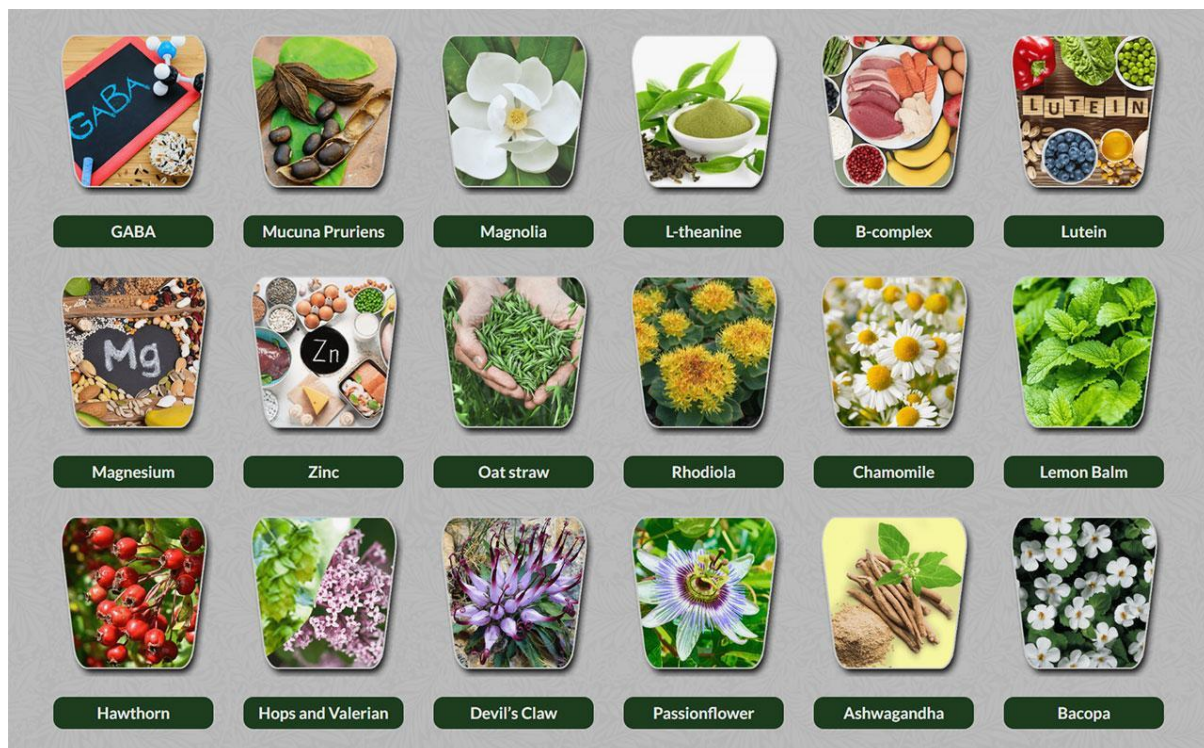
## Stage 3) Improve, Revitalize, and Protect Your Hearing

90% of tinnitus sufferers also have hearing loss. That's why Christopher developed VidaCalm to fix your hearing. Many ingredients in VidaCalm are specifically designed to improve, revitalize, and protect hearing. Some components fix ear hair cell damage caused by tinnitus, for example. According to Christopher's research, lutein and other elements in VidaCalm can improve your hearing.

[Act now and get VidaCalm for the best price ever!](#)

## VidaCalm Ingredients

VidaCalm contains over a dozen ingredients designed to fight tinnitus and support hearing in various ways. Some of those ingredients contain natural antioxidants to fight against tinnitus. Others support GABA to eliminate excess glutamate.



Below are VidaCalm's active ingredients and how they work, according to the manufacturer:

## GABA

VidaCalm contains GABA, or gamma-aminobutyric acid, to fight back against excess glutamate buildup in your brain. When your brain is overloaded with glutamate, you experience worse tinnitus symptoms. GABA helps fight back, signaling your brain to remove excess glutamate, eliminating the root cause of tinnitus.

## Magnolia

Magnolia is a natural ingredient featuring two molecules: magnolol and honokiol. These two molecules can support your body's production of GABA. In addition to giving you a straight dose of GABA, VidaCalm contains ingredients like magnolia to help your body produce its own GABA, giving you long-term relief from tinnitus.

## L-Theanine

L-theanine is an amino acid that “works just like GABA” to keep glutamate in check, prevents tinnitus from worsening, and supports your brain's natural defense against hearing loss. Many people take L-theanine daily for anti-anxiety effects, and these effects could contribute to tinnitus relief.

## Passionflower

Passionflower helps to stabilize the regular activity of your brain, helping you feel calmer and more relaxed. Passionflower has shown some evidence of helping with neuropsychiatric disorders, and it could contribute to tinnitus relief.

## B Vitamin Complex

VidaCalm contains six B vitamins, including thiamine, riboflavin, niacin, vitamin B5, vitamin B6, and biotin. These ingredients support brain health and hearing. According to Christopher, these vitamins are “essential” for undoing the damage to your brain done by tinnitus.

Vitamin B6 is essential for tinnitus sufferers because your brain needs vitamin B6 to produce and use GABA.

## Ashwagandha

Used for [stress relief in traditional Indian medicine](#) for centuries, ashwagandha can help destroy free radicals that cause aging and inflammation. If inflammation is causing your hearing loss, then the ashwagandha in VidaCalm may be able to help. One 2019 study found antioxidant supplementation – including B vitamins and other antioxidants in VidaCalm – helped patients with tinnitus and overall hearing loss.

## Bacopa Monnieri

Loaded with antioxidants, bacopa monnieri can “help your brain repair itself” while supporting cognition, according to Christopher's research. It can promote learning and memory retention, among other benefits.

## Lutein

Lutein is “a true miracle worker when it comes to supporting 20/20 hearing,” according to Christopher. Your brain has significant levels of lutein in the prefrontal cortex, which is the part of your brain focusing on hearing.

## Magnesium

Magnesium helps to energize your ear hair cells, allowing them to do their job more effectively. Magnesium can improve your hearing, according to Christopher's research. That's important because many people are low in magnesium.

## Zinc

Zinc can “support better hearing,” according to Christopher. Your inner ear has the highest percentage of zinc anywhere in your body, and zinc deficiency is linked to hearing loss. [Supplementing with zinc](#) alone “can greatly reduce tinnitus symptoms,” according to Christopher's research.

## Mucuna Pruriens

Also known as velvet bean, mucuna pruriens is filled with naturally occurring L-dopa, the precursor to dopamine. Dopamine is linked to happiness, which can help boost mood and reduce stress. Although it may not directly impact hearing or tinnitus, mucuna pruriens can support other benefits.

## Oat Straw

VidaCalm contains oat straws to reduce stress, decrease anxiety, and ease depression naturally. Like velvet bean, it improves general mood, helping you fight back against overall tinnitus symptoms.

## Rhodiola

VidaCalm contains *Rhodiola rosea* to help the body adapt to physical and mental stress. It can help relieve anxiety, boost energy, and help you stay calm, relaxed, and collected.

## Chamomile

VidaCalm contains chamomile to raise melatonin levels, helping you fall asleep faster.

## Lemon Balm

VidaCalm contains lemon balm to help reduce tension, relax muscles, and relieve headaches. Lemon balm also contains rosmarinic acid to help more GABA reach your brain. As Mount Sinai explains, lemon balm is found in many natural calming remedies, and calming the body could help relieve tinnitus.

## Hawthorne

VidaCalm contains Hawthorne to support a healthy heart, blood pressure, and cholesterol within a normal range. Although it doesn't appear to impact hearing or tinnitus, it can help with blood flow to support overall brain health and hearing.

## Devil's Claw

VidaCalm contains devil's claw because it's rich with 5-HTP, a compound linked to higher serotonin levels.

## Hops & Valerian

VidaCalm contains hops and valerian, two different ingredients that work together to relieve restlessness and anxiety.

[Visit the official website for ordering VidaCalm >>>](#)

## How to Take VidaCalm

Talk to your doctor before taking VidaCalm if you are taking medication or have a medical condition.

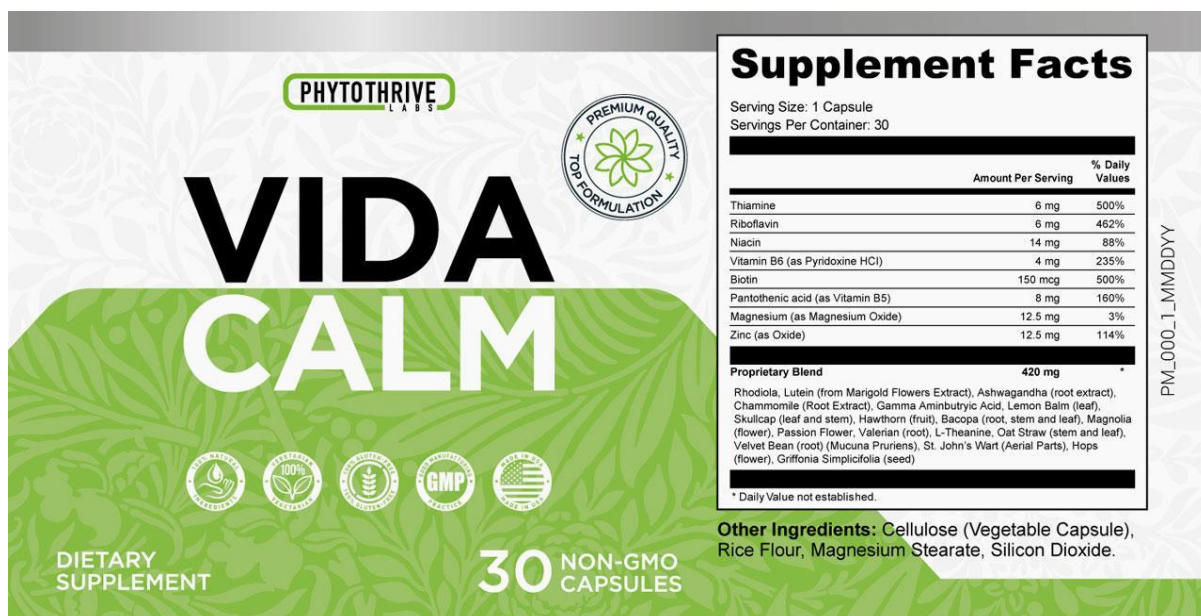
Take one tablet of VidaCalm daily

Repeat for 30 days to allow ingredients to absorb

Do not take VidaCalm if you're under age 18, nursing, or pregnant

## VidaCalm Ingredients Label

VidaCalm ingredients aim to ease tinnitus and support hearing. The company discloses all elements in the supplement up front, with the most active ingredients found in a 420mg proprietary formula.



Here are all of the active ingredients in each capsule serving of VidaCalm:

420mg of a proprietary blend with Rhodiola rosea, lutein, ashwagandha root extract, chamomile root extract, GABA, lemon balm leaf extract, skullcap leaf, and stem extract, Hawthorne fruit, bacopa monnieri, magnolia, passion flower, valerian root, L-theanine, oat straw, velvet bean, St. John's wort, hops, and Griffonia simplicifolia seed.

6mg of thiamine (500% DV)

6mg of riboflavin (462% DV)

14mg of niacin (88% DV)

4mg of vitamin B6 (235% DV)

150mcg of biotin (500% DV)

8mg of pantothenic acid (160% DV)

12.5mg of magnesium (3% DV)

12.5mg of zinc (114% DV)

Other (inactive) ingredients, including cellulose (to create the vegetable capsule), rice flour, magnesium stearate, and silicon dioxide

[Place your order today by clicking here before stock runs out! >>>](#)

## VidaCalm Reviews: What Do Customers Say?

The official website says over 70,000 people have used VidaCalm to support hearing and ease tinnitus. Those customers include celebrities, musicians, US military veterans, and many others.

Here are some of the reviews and testimonials featured on the official VidaCalm website:

One man claims he tried everything to cure his tinnitus. He even paid \$4,000 for high-tech noise-canceling headphones at one point – only to find they made his tinnitus worse. Then, he started to take VidaCalm: “Soon after, my whole life changed. My painful hissing is now gone. My headaches – they're gone too.” He can hear anything crystal clear and sleeps all night without issue, thanks to VidaCalm.

Professor Nicholas Farnsworth describes VidaCalm as “a truly remarkable breakthrough,” claiming he can “strongly recommend” the supplement to anyone with tinnitus and hearing problems.

One reviewer claims VidaCalm is “absolutely like nothing I’ve ever tried,” claiming her life has “changed completely” because the supplement has restored silence to her ears.

Another customer claims it was “like I was born again” after taking VidaCalm for the first time. She got “great results in almost no time” after taking VidaCalm, describing the supplement as “essential” to hearing and tinnitus relief.

One VidaCalm user claims he had “great results in almost no time” after taking the supplement. He used to struggle to watch movies and have conversations with friends. Today, he can converse normally and go to the movies without issue. He also claims VidaCalm sharpened his memory.

One VidaCalm customer, in a video testimonial, claims he has “no more ringing, no more buzzing, all quiet” after taking VidaCalm. He sleeps better and can go about his day like normal, describing the formula as “just the best.”

One customer claims she had an “intense ringing” years before taking VidaCalm. Thanks to the supplement, it’s been “ages” since her last bout of tinnitus.

Karen, from Naples, Florida, has suffered from tinnitus and hearing loss for the last two years because of exposure to loud noises. Karen's doctor told her she would go deaf in one ear because of the physical damage to her ear. After taking VidaCalm, however, “now [her] hearing is perfect in both ears.”

[Click here to read more real customer reviews of VidaCalm!](#)

## **VidaCalm Pricing**

VidaCalm costs \$79 per bottle for a one-month supply. Each bottle contains 30 capsules or 30 servings. The regular retail price of VidaCalm is \$99 per bottle. By ordering multiple bottles of VidaCalm, you can pay as little as \$49 per bottle and enjoy several free bonus eBooks.

BASIC PACK	ULTIMATE DISCOUNT PACK	POPULAR PACK
1 Bottle	6 Bottles + 4 FREE eBooks	3 Bottles + 4 FREE eBooks
		
<b>\$79</b> Per Bottle	<b>\$59</b> Per Bottle	<b>\$69</b> Per Bottle
Total: <b>\$79</b>	Total: <b>\$294</b>	Total: <b>\$177</b>
<b>BUY NOW</b>	<b>BUY NOW</b>	<b>BUY NOW</b>
+ Small shipping fee Savings: \$20	+ Free US shipping Savings: \$434	+ Small shipping fee Savings: \$284

Here's how much you pay for VidaCalm when ordering online today:

Buy one bottle for \$79 + Shipping

Buy three bottles for \$177 (\$59 Per bottle) + Shipping + 4 Free Bonus eBooks

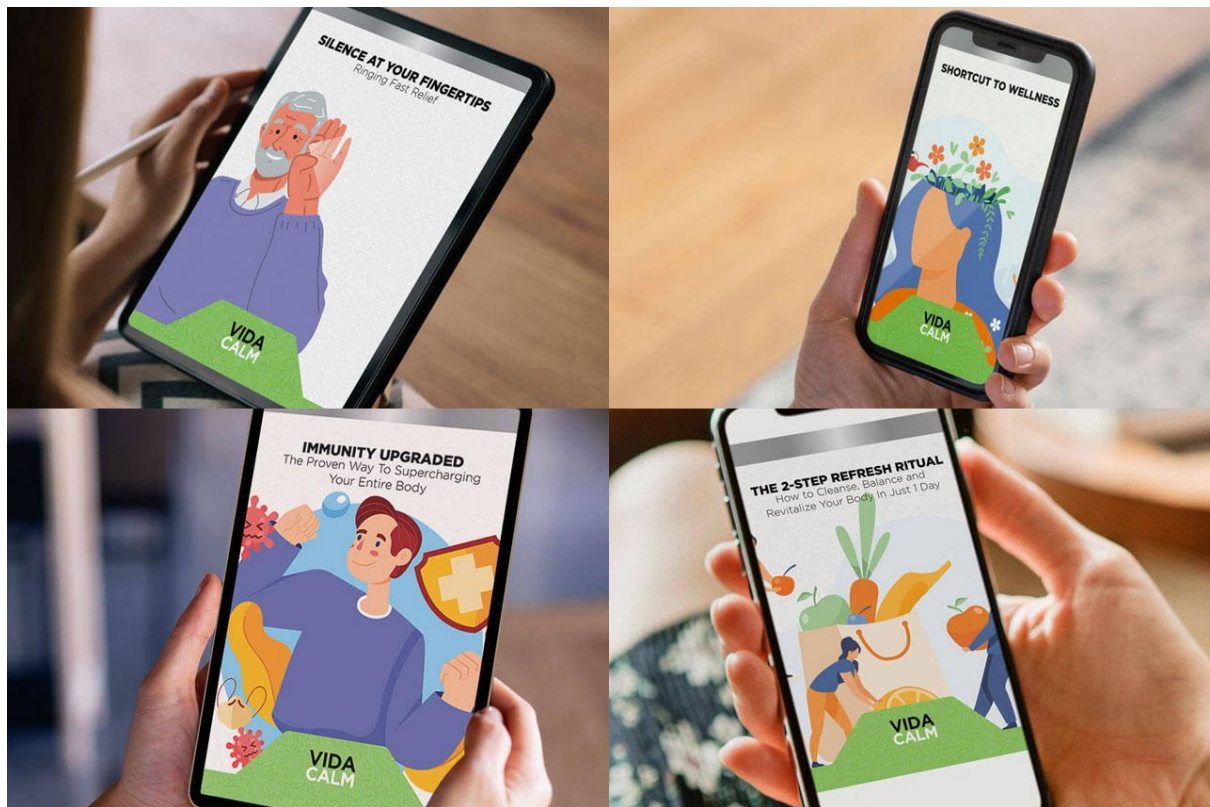
Buy six bottles for \$294 (\$49 Per bottle) + Shipping + 4 Free Bonus eBooks

[Order VidaCalm Right Here At The Best Prices!!](#)

## Bonuses Included with VidaCalm

As part of a 2023 promotion, VidaCalm is available at a discount rate of \$49 to \$79 per bottle. Three and six-bottle purchases come with

four bonus eBooks. These eBooks can complement VidaCalm, helping relieve tinnitus and support hearing.



The four bonus eBooks include:

## eBook #1: Silence at Your Fingertips

**Ringling Fast Relief:** In this eBook, you can discover some of the best and most proven exercises for relieving tinnitus. These exercises can temporarily ease tinnitus. If you want to silence your tinnitus today while waiting for VidaCalm to alleviate your tinnitus permanently, then these exercises can help. Rubbing your fingertips along the back of your neck, for example, can temporarily relieve tinnitus. The eBook has tips, strategies, activities, and therapies you can perform at home.

## eBook #2: Shortcut to Wellness

This eBook explains how to rapidly hack your mind and body using modern technology to improve your quality of life. Today, we have plenty of tools to help improve our health. However, it's hard to know which solution is right for you. This eBook separates the noise around today's top health technology solutions, giving you science-backed shortcuts to wellness.

## eBook #3: Immunity Upgraded: The Proven Way to Supercharging Your Entire Body

This eBook features proven tips for boosting your immunity. You can discover how to support a healthy immune system by applying simple changes to your diet and lifestyle today. The eBook features 50+ resources on boosting your immunity, supercharging your immune system, and helping to defend your body against disease and illness.

## eBook #4: The 2-Step Refresh Ritual: How to Cleanse, Balance, and Revitalize Your Body in Just 1 Day

This eBook explains a simple, two-step process at home to cleanse and refresh your body. These two simple steps can be performed at home using ingredients you may already have around the house. According to Christopher and the VidaCalm team that wrote the

eBook, these strategies “completely wipe out the exact heavy metals and toxins” that make it hard to flush out glutamate and fix tinnitus.

[Get a free bonuses with your purchase of VidaCalm!](#)

## VidaCalm Refund Policy

Christopher Palmer and the VidaCalm team are confident the supplement will work for anyone. Just allow a few weeks for your body to absorb the ingredients. Then, if you're not satisfied with VidaCalm for any reason, you can request a complete refund.

Contact VidaCalm within 60 days of your original purchase to request a complete refund. VidaCalm provides a full refund on unopened items, although you may not receive a complete refund on opened items.

Email: [support@vidacalm.com](mailto:support@vidacalm.com)

Returns Address: 19655 E 35th Dr, Suite 100, Aurora, CO 80011, USA

## About PhytoThrive Labs

VidaCalm is made in the United States in an FDA-registered, GMP-certified facility by PhytoThrive Labs. Christopher Palmer, a researcher with 13+ years of experience in tinnitus and hearing space, developed the formula.

Christopher claims to have seen “thousands” of tinnitus and hearing loss cases. He also claims to have helped celebrities, wealthy people, and other elite clients restore their hearing completely. With VidaCalm, he's sharing his experience with the world to help ease tinnitus regardless of severity.

Christopher didn't develop VidaCalm on his own. He claims to have worked with “over 70 international researchers” to create the formula based on the latest scientific evidence. They also worked with “hundreds” of tinnitus sufferers over three years to refine the supplement.

## VidaCalm Final Word

Developed by a tinnitus researcher with 13+ years of industry experience, VidaCalm is the ultimate hearing loss and tinnitus relief formula.

VidaCalm features 18 ingredients to support long-term tinnitus relief starting as soon as today. Those 18 ingredients include plant extracts, herbs, vitamins, minerals, and more.

To learn more about VidaCalm and how it works or to buy the supplement today, [visit the official website by clicking here](#).