

## Anti-Stress<sup>™</sup>



- Relieve Nervousness
- Promote Healthy Sleep
- Help Calm and Soothe

Chronic daily stress (i.e. work, school or constant worrying) can rapidly deplete the brain's serotonin reserves and also has negative effects on the adrenal glands by elevating cortisol levels – often leading to adrenal exhaustion. A few common signs of weak adrenal function are; overeating and weight gain, fatigue, irritability, chronic tiredness, nervousness and frequent immune system rundown.

The Ultimate Anti-Stress formula contains all natural adaptogens like rhodiola, ashwagandha, lemon balm and valerian root to help keep stress under control by normalizing the body's response to stress and balancing cortisol levels.

Rhodiola is one of the best known and most effective adaptogens available. Rhodiola has been studied in many individuals exposed to chronic stress, including doctors, students and military cadets, and has been shown over and over to reduce the negative effects of stress. Ashwagandha has also been shown to reduce stress and the symptoms of chronic fatigue. Valerian root and lemon balm are both well known for their calming and relaxing properties. The citrus bioflavonoids and quercetin also found in these formulas are powerful antioxidants that can help to repair and prevent the damaging effects of stress.

### Each Capsule Contains:

#### Medicinal ingredients:

Ashwagandha Extract  
(*Withania somnifera*) (root) (3% Withanolides) . . . . 187.5 mg  
Valerian Extract  
(*Valeriana officinalis*) (root) (0.8% Valerenic Acid) . . 150 mg

Lyophilized Adrenal Tissue (cattle) (*Bos taurus*)  
(adrenal gland) . . . . . 37.5 mg  
Quercetin (*Styphnolobium japonicum*) (flower bud) . . . . 25 mg  
Rhodiola Extract (*Rhodiola rosea*) (root)  
(3.5% Rosavins) . . . . . 12.5 mg  
BioPerine<sup>®</sup> Black Pepper Extract (*Piper nigrum*) (fruit)  
(Standardization 95% Piperine) . . . . . 625 mcg

**Non-medicinal Ingredients:** Rice starch, gelatin capsule (gelatin, purified water), citrus bioflavonoids, magnesium stearate.

**Suggested usage for adult females:** 1 capsule 2 times a day or as directed by a health care practitioner. Take with food/meals. For use beyond 12 weeks, consult a health care practitioner.

**CODE:** 0307-120 caps, 0313-240 caps **NPN:** 80047396

