



Stress Rebalancer

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90 Gelatin

Servings Per Container: 90

Serving Size: 1 capsule

Suggested Use: Take 1 capsule, 3 times per day, or as directed.

Ingredients	Dose Per Serving	Daily Amounts
Vitamin A (Acetate)	2500.0 iu	7500.0iu
Vitamin B1 (Thiamine HCl)	16.7 mg	50.0mg
Vitamin B2 (Riboflavin)	8.3 mg	25.0mg
Niacinamide	16.7 mg	50.0mg
Vitamin B5 (Calcium Pantothenate)	25.0 mg	75.0mg
Vitamin B6 (Pyridoxine HCl)	16.7 mg	50.0mg
Vitamin B12 (Methylcobalamin)	166.7 mcg	500.0mcg
Biotin (1%)	25.0 mcg	75.0mcg
Ascorbate (from Calcium Ascorbate)	50.0 mg	150.0mg
Vitamin D3	166.7 iu	500.0iu
Magnesium (Glycinate)	66.7 mg	200.0mg
5-Hydroxytryptophan	25.0 mg	75.0mg
Ashwagandha 1.5%	83.3 mg	250.0mg
Rhodiola 3%	25.0 mg	75.0mg
Theanine	50.0 mg	150.0mg
S-Acetyl-Glutathione	25.0 mg	75.0mg

Directions: Take 3 capsules per day. Best taken with food.

Why take this supplement: These are carefully chosen vitamins and herbs that are scientifically supported for helping to manage the side effects of stress. We all have stress, let's not let it break us down! Each ingredient plays a special role as described below:

- **Ashwagandha** - This is a key herbal ingredient with scientific studies supporting its benefits in managing the effects of stress. Lowered cortisol (stress hormones), less anxiety, lowered blood sugar, improved testosterone levels in men, better concentration and decreased inflammation markers for arthritis and heart health are recorded in double-blinded studies.*
- **Theanine** - This is an amino acid found in green tea. It promotes relaxation and sleep with measured decreases in stress and anxiety.*
- **Glutathione** - This is a key anti-oxidant for cell protection and repair and in growing use as a marker for human disease. There is a wide variety of positive effects.*
- **Rhodiola** - This is considered by science as an "adaptogen" which is shown to increase your body's resistance to stress, allowing you to better cope with stressful times. Research shows its effectiveness in combatting fatigue and mild depression and improving sleep.*
- **5-Hydroxy-tryptophan** - This is also labelled as 5HTP and is a step to making serotonin which a key neurotransmitter involved in sleep. It has also been researched in fibromyalgia with positive findings and has been better than medication for migraine relief.*
- **Magnesium Glycinate** - Please see our full sheet on magnesium glycinate as a solo product. It is associated with muscle relaxation and improved sleep with a calming effect on the brain. Recent US research suggests 50% of the population are deficient in magnesium so supplementation is recommended.*
- **Calcium Ascorbate** - This is also called "ester C" and is a buffered form of Vitamin C that is not acidic. Vitamin C is a key antioxidant and supportive component of the immune system.
- **Vitamin D3** - Please see our full sheet on Vitamin D3 as a solo product for more. Vitamin D has an important role in many key body functions in bone, muscle and cardiovascular health. It is associated with improved mental health markers as well.*
- **The "B" Vitamins** - These are all long associated with nervous system support in a variety of ways. B3 (here as niacinamide which is best tolerated version) helps the serotonin pathway; B6 can aid in anxiety, B5 supports adrenal function; B1 is important in balance of blood sugars; Biotin (also called Vitamin H) and B12 (Methylcobalamin) for fatigue and nerve support.*
- **Vitamin A** - This is also an anti-oxidant, protecting cells from free radical damage that is linked to stress. It is key for maintaining skin, teeth and bones as well as white blood cells, the immune system and mucus membranes.*

* Please see our website links for all published references if you would like more information.

Cautions:

These are all generally well tolerated in the dose prescribed. **Not recommended in pregnancy** as Ashwagandha may be associated with early delivery. 5HTP has been noted to cause stomach pain or upset in a very small percentage of people. B vitamins can cause nausea when taken on an empty stomach, so taking with food is recommended. Please consult your doctor if you have any specific questions or concerns about your suitability. No contraindications are known but potential drug interactions may exist, caution is recommended with some chemotherapy medications. Do not exceed dosage without consultation.