Stress Relief

Description

Stress Relief Complex 12.01.2012 (Thanks to the Star achievers team)

When life is full and activities threaten to overwhelm, we can relax the mind & body the natural Shaklee way.

Try the natural approach to stress management. Stress Relief Complex utilizes a unique combination of natural in gredients to help you relax without causing drowsiness. In asl ittle as 30 minutes, Stress Relief Complex will provide quick relief from every day tension, while promoting alertness.

Did you know that nearly half of all Americans between the ages of 18 and 49 experience every day stress? The health impact of prolonged stress can be huge! The Centers for Disease Control estimates that 75-90% of trips to the doctor's office are stress related.

Some people try to relieve tension with behaviors?such as drinking, smoking, or over-eating. These behaviors actually increase stress and present their own health risks.

More than a third of Americans have tried to alleviate stress with supplements, especially the herbal supplement kava. But kava can produce unwanted drowsiness, and (FDA) advised consumers of the potential risk of severe liver injury associated with the use of kava-containing dietary supplements.

STRESS RELIEF COMPLEX: offers nutritional support to help you quickly relax and stay calm without drowsiness. Contains a unique blend of natural ingredients that provide quick relief from tension while promoting alertness.

Promotes relaxation without drowsiness: L-Theanine, a naturally occurring amino acid found in green tea, facilitates the generation of alpha waves that are associated with a relaxed yet alert mental state. Now here's how it works!

Enhances the body's ability to adapt to continuing stress. Ashwagandha, an Ayurvedic herb traditionally used to enhance the body's ability to adapt to stress.

Helps you avoid the effects of stress on long-term health by blunting the cortisol response to stress. Beta-Sitosterol, a natural plant sterol, helps to blunt the response of cortisol, a hormone produced during physical stress. Chronically high cortisol levels have a negative association with good long-term health.

Helps make norepinephrine, which is involved in mood regulation. L-tyrosine is an aminoacid used by the body to make the neurotransmitter norepinephrine. Studies suggest that norepinephrine levels may decline with stress.

SCIENTIFIC SUPPORT FOR THE INGREDIENTS IN STRESS RELIEF COMPLEX

Thorough testing on every ingredient for purity, potency, and performance, and there are several additional qualities that make Stress Relief Complex superior to the competition.

L- Theanine in one study with young women appeared to produce a relaxed and alert state by having the greatest impact on the intensity of alpha waves among the women categorized as high-anxiety responders.

Ashwagandha (With aniasomnifera)–Laboratory studies and centuries of safe use, have demonstrated ashwagandha's adaptogenic properties, including its ability to enhance performance during stress.

Beta-Sitosterol–A recent study suggested that Beta-Sitosterol had a positive effect on immune function in marathon runners, in addition to blunting the subjects' cortisol levels.

L-Tyrosine–In a number of human studies, fairly high intakes of the aminoacid L-Tyrosine were found to lessen the impact of environmental stressors such as extreme cold, loud noises, or sleep deprivation on the performance of subjects. Environmental conditions often lead to stress or anxiety.

WHYCHOOSE SHAKLEE STRESS RELIEFCOMPLEX?

- Unique approach to help you quickly relax; enhances your body's ability to adapt to stress while promoting long-term health.
- Unique blend of premium ingredients that support a calm, relaxed state without drowsiness during times of everyday stress, while promoting alertness.

- Relaxation, alertness, better concentration and relief from tension experienced by users.
- Proven safety with clinically studied and traditionally used ingredients.(Doesnotcontain kava kava)
- Combines thebestof natureand science. 100% Shaklee Guaranteed.**

HOW SHOULD STRESS RELIEF COMPLEX BE USED?

One caplet daily during periods of stress. Some individuals may wish to take two caplets on occasion. Can be used as part of a stress-management program that includes a healthy diet, regular exercise, and good social support. If pregnant or nursing, consult a health professional. To order use:ItemCode #20656

Summary: StressReliefComplex helps relax the body and mind and promotes alertness while enhancing the body's ability to adapt to stress. This blend of natural ingredients also helps blunt cortisol, a hormone produced during stress that affects long-term health.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Category

1. Resources

Tags

1. Ashwagandha
2. Beta-Sitosterol
3. L-Tyrosine
4. sleep aids

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