

---

## STRESS RELIEF COMPLEX

A Statistics Canada study shows that about 25% of Canadians between the ages of 25 and 44 describe themselves as “severely time-stressed,” 30% view themselves as workaholics, and more than 50% believe they’re not spending enough time with family and friends. The health impact of prolonged stress can be huge. In the United States, the American Psychological Association estimates that more than 75% of all visits to doctors’ offices are for stress-related complaints. In Canada, the picture is very similar.

Some people try to relieve tension with behaviours – such as drinking, smoking, or overeating – that actually increase stress and present their own health risks. Stress-driven eating can lead to unhealthy weight gain. Many Canadians have tried to alleviate stress with supplements, especially the herbal supplement kava. But kava can produce unwanted drowsiness and potential health problems. In fact, on August 21, 2002, Health Canada issued a stop-sale and recall notice for all kava-containing products. Canadians were advised that kava-containing products posed an unacceptable potential risk to health because of numerous reports in Canada and abroad connecting the use of kava with serious liver dysfunction.

Shaklee’s **Stress Relief Complex** offers safe nutritional support to help you quickly relax and stay calm without drowsiness. It contains a unique blend of natural ingredients that provide quick relief from tension while promoting alertness:

- **L-theanine**, a naturally occurring amino acid found in green tea, helps produce a relaxed yet alert mental state. In one study with young women, L-theanine 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 (*Withania somnifera*)**, an Ayurvedic herb, has traditionally been used to enhance the body’s ability to adapt to continuing stress. Laboratory studies and centuries of safe use have demonstrated ashwagandha’s adaptogenic properties, including its ability to enhance performance during stress.
- **Beta-sitosterol**, a natural plant sterol, helps blunt the response of cortisol, which is a hormone produced during physical stress. Chronically high cortisol levels have a negative association with good long-term health. One 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** is another amino acid used by the body to make the neurotransmitter known as norepinephrine. Studies suggest that norepinephrine levels may decline with stress. In a number of human studies, fairly high intakes of L-tyrosine were found to lessen the impact of such environmental stressors as extreme cold, loud noises, or sleep deprivation on the performance of subjects. Environmental conditions often lead to stress or anxiety.

**Adult usage instructions:** take one caplet daily during periods of stress. Some individuals may wish to take two caplets on occasion. Use this product as part of a stress-management programme that includes a healthy diet, regular exercise, and good social support. If pregnant or nursing, consult a health professional.

<i>Ingredient</i>	<i>Amount per Daily Dosage (1 caplet)</i>
L-theanine	100 mg
Ashwagandha root ( <i>Withania somnifera</i> ) extract	100 mg
Beta-sitosterol (from soybean phytosterols)	60 mg
L-tyrosine (from sugar beet [ <i>Beta vulgaris</i> ] root)	100 mg

### **Adding Up the Benefits**

**Stress Relief Complex** was designed for people seeking a natural approach to help cope with the everyday stresses of modern life. It's ideal for working women with children; those whose jobs involve pressures such as public speaking or demanding deadlines; athletes, entertainers, or others in the public eye; and people experiencing increased stress due to recent economic or security concerns.

### **References:**

1. Archana R, Namasisvayam A. Antistressor effect of *Withania somnifera*. Journal of Ethnopharmacology 1999; 64:91-3.
2. Boic, PJD *et al.* The effects of  $\beta$ -sitosterol (BSS) and  $\beta$ -sitosterol glucoside (BSSG) mixture on selected immune parameters of marathon runners: Inhibition of post-marathon immune suppression and inflammation. International Journal of Sports Medicine 1999; 20:258-262.
3. Deijen JB, Orlebeke JF. Effect of tyrosine on cognitive function and blood pressure under stress. Brain Research Bulletin 1994; 33:319-323.
4. Juneja LR *et al.* L-theanine: A unique amino acid of green tea and its relaxation effect in humans. Trends in Food Science and Technology 1999; 10:199-204.
5. Kobayashi, K *et al.* Effects of L-theanine on the release of alpha brain waves in human volunteers. Nippon Noeigikagaku Kaishi 1998; 72:153-157.
6. Shurtleff D, *et al.* Tyrosine reverses a cold-induced working memory deficit in humans. Pharmacology Biochemistry and Behavior 1994; 47: 935-941.