

A Natural Approach to Stress Management

STRESS RELIEF COMPLEX

Traffic jams, changing schedules, work demands – these factors can contribute to stress in your daily life. Stress can elevate your body's cortisol levels, and continuously high levels of this stress-response hormone have been linked to long-term health impacts. Stress Relief Complex enhances the body's natural ability to adapt to stress while promoting relaxation without causing drowsiness. This stress management product contains a unique blend of natural, traditionally used ingredients: L-theanine, ashwagandha, beta-sitosterol, and L-tyrosine.

#57680 | 30 CAPLETS



Gluten Free



Vegan

Why We Love It

- Contains ashwagandha, a traditional herb used to help the body adapt to heightened stress
- Blend of clinically tested ingredients designed to support a calm, more relaxed state without causing drowsiness
- Contains no kava
- Gluten free, vegan, and kosher
- No artificial flavours, sweeteners, colours, or preservatives added

Stress Relief Complex

DOSAGE: 2 caplets daily with food.

MEDICINAL INGREDIENTS:	Amount per caplet
Plant sterol esters	165 mg
Providing beta-sitosterol	60 mg
Ashwagandha (<i>Withania somnifera</i>) root extract standardised to 1.5% withanolides	100 mg
L-theanine	100 mg
L-tyrosine [from corn (<i>Zea mays</i>)]	100 mg

NON-MEDICINAL INGREDIENTS: CROSCARMELOSE SODIUM, DICALCIUM PHOSPHATE, MAGNESIUM STEARATE, SILICON DIOXIDE, TRICALCIUM PHOSPHATE.

