

Daily Stress Formula[†]

Promotes mental relaxation and moderates the effects of occasional stress[†]

INDICATIONS

- Ages 18 and up
- Occasional stress support[†]
- Relaxation support[†]

BENEFITS

- Supports the body's resilience when faced with occasional stress[†]
- Supports cognitive function[†]
- Helps moderate mild fatigue under stressful conditions[†]
- Chamomile and lemon balm promote calmness and relaxation[†]
- Supports energy metabolism and immune defense[†]

FEATURES

- Blend of botanicals, herbs and other nutrients
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

In addition to promoting memory and cognitive function, preclinical investigation shows *Bacopa monnieri* maintains healthy enzyme activity in the brain¹, supporting the ability to deal with stress.² A double-blind crossover trial suggested that rhodiola may help to moderate mild fatigue under stressful conditions.³ In a separate, double-blind, placebo-controlled pilot study, rhodiola provided support for physical and mental stress in students.⁴ Similarly, the amino acid l-tyrosine has indicated the potential to promote cognitive function and memory under stressful conditions.⁵ *Eleutherococcus senticosus*, or eleuthero, is used as an adaptogen to help bolster adrenal function and stress resistance. Like ashwagandha, it is highly revered for promoting energy, vitality and immune defense.⁶ Chamomile and lemon balm provide traditional support for calmness and relaxation.^{7,8} B vitamins and magnesium are included to help counter the effects of stress on healthy nutritional status.⁹ B-complex vitamins have also been associated with healthy neurotransmitter function and energy metabolism.¹⁰ Vitamin B₅ is especially important for boosting healthy adrenal gland function to strengthen the body's ability to withstand stress.¹¹

Vitamin C provides important support for neutralizing free radicals generated by the stress response.^{12†}

SUGGESTED USE

As a dietary supplement, take 3 capsules daily, with or between meals.

STORAGE

Store in a cool, dry place.

WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Ascorbic acid, riboflavin (B₂) and methylcobalamin (B₁₂) are derived from corn dextrose fermentation
- Thiamine HCl (B₁), niacinamide, pantothenic acid (calcium pantothenate) (B₅) and pyridoxine HCl (B₆) are synthetically derived
- Magnesium is derived from the lime of rock
- l-Tyrosine (free-form) is derived from soy
- *Eleutherococcus senticosus* extract is derived from the root and standardized to contain 0.8% eleutheroside E & B
- *Bacopa monnieri* extract is derived from the leaf and standardized to contain 20% bacosides
- *Rhodiola rosea* extract is derived from the root and standardized to contain 3% total rosavins and a minimum of 1% salidroside
- Chamomile is derived from *Matricaria recutita* flowers
- Lemon balm is derived from *Melissa officinalis* leaves and standardized to contain 5% rosmarinic acid
- Ashwagandha extract is derived from the root of *Withania somnifera* and standardized to contain 5% withanolides
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil
- Hypo-allergenic plant fiber is derived from pine cellulose

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NOTES

Size 00 caps

Bottle count 90, 180

Order codes DSF9, DSF1

Bottle size 290 cc, 20 oz

REFERENCES

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SUPPLEMENT FACTS

3 capsules daily, with or between meals.

Three (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	250 mg
Thiamin (as thiamin HCl) (B ₁)	20 mg
Riboflavin (as vitamin B ₂ and 44% riboflavin 5' phosphate (activated B ₂))	17.7 mg
Niacin (as niacinamide)	35 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	16.7 mg
Vitamin B ₁₂ (as methylcobalamin)	200 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	200 mg
Magnesium (as magnesium citrate)	50 mg
L-Tyrosine (free-form)	250 mg
Eleuthero (<i>Eleutherococcus senticosus</i>) extract (root) (standardized to contain 0.8% eleutherosides)	200 mg
Bacopa (<i>Bacopa monnieri</i>) extract (aerial parts) (standardized to contain 20% bacosides)	200 mg
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	200 mg
Chamomile (<i>Matricaria recutita</i>) extract (flower)	100 mg
Lemon balm (<i>Melissa officinalis</i>) extract (leaf) (standardized to contain 5% rosmarinic acid)	100 mg
Ashwagandha (<i>Withania somnifera</i>) extract (root) (standardized to contain 2.5% withanolides)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

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Daily Stress Formula [†]	Quantity	Order Code
	180	DSF1
	90	DSF9

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