

Are You Overstressed?

Below are just some of the many stressful events that can lead you to become overstressed. Check the box if you have experienced any of these events in the last 12 months.

- Divorce
- Death of spouse or close family member
- Work more than 40 hours per week
- Financial problems
- Serious personal injury or illness
- Pregnancy/new child
- Sleep less than 8 hours per night
- Marriage
- Fired from work
- Retirement
- Job change
- Death of a close friend
- Menopause
- Relationship difficulties
- Foreclosure of mortgage or loan
- Change in responsibilities at work
- Trouble with boss

While no one experiences the same tolerance to stress, if you checked any of the boxes above, you may be feeling the impact of stress. Now is the time to ask your healthcare professional for help!

Experience Effective STRESS Protection



With a Powerful Nutritional Stress Defense Program



Stress is an Unavoidable Part of Life

Unfortunately, the negative effects of stress on your health can be far-reaching. Stress can challenge your ability to maintain healthy gastrointestinal, cardiovascular, reproductive, and immune system health. It can make it difficult for you to enjoy healthy emotional balance, concentration, and restful sleep. And it can make you more susceptible to illness. This is because stress causes changes in the body's chemistry, altering the balance of hormones in ways that can impact your entire body.

So What Can You Do?

Avoiding stressful situations is obviously the best solution—however, this isn't always possible. Deadlines, family pressures, financial problems, traffic jams, missed appointments, personality conflicts—all of these things, and many more, can be sources of stress. In fact, anything that causes a change in your life causes stress—even happy events like weddings and vacations!

Each one of us responds to stressful situations differently and, ultimately, how you manage the stress in your life can determine the impact it will have on you. There are several effective methods of dealing with stress:

- Eating a balanced diet and getting adequate rest to help your body repair and regenerate itself.
- Exercise, meditation, and yoga are popular stress management tools that might help you break out of a stress-induced downward spiral.
- Taking specialized nutrient and herbal formulas that help your body adapt to various stressful challenges by promoting a healthy stress response.

We can help you intervene at the onset of stress so that you can resist the exhaustion phase altogether, or we can help you feel more energetic and vitalized when you need it most. Our comprehensive line of nutraceuticals is designed to promote your body's ability to cope successfully with stress, thus prolonging your health and well-being. ♦

The 3 Phases of Stress

- 1) Alarm**—Any physical or mental trauma causes a sudden release of stress hormones, such as cortisol. Normal levels of resistance are lowered, but if the stress is not severe or long lasting, we bounce back and recover rapidly.
- 2) Resistance**—If the stress factor continues our body learns to tolerate, or “adapt,” to the stressful stimulus and increases its resistance. This phase is usually a safe period, though our immune and other systems are working overtime.
- 3) Exhaustion**—The power of resistance against stress is not inexhaustible. Everyone's immunity at some point collapses following prolonged stress reactions. It is in this “exhaustion phase” that we run into trouble.



Stress is Inevitable, But the Damage Doesn't Have to Be!

Everyone reacts to stress differently. Whether you feel fatigued, mentally exhausted, stressed and frazzled, or you need to increase stamina, endurance, and mental clarity, your healthcare professional can help you select the formulas that are right for you!



Don't let stress get the best of you!
You can promote your body's ability to resist and manage stress, allowing you to function at your best.



We have a comprehensive array of stress-management formulas to help you cope with life's challenges and feel your best:

Stress Defense

Exhilarin®

Keep the effects of stress at bay! Exhilarin provides standardized extracts of holy basil leaf (*Ocimum sanctum*), ashwagandha root (*Withania somnifera*), and bacopa leaf (*Bacopa monnieri*) to help support the body's tolerance to stress. In addition, Exhilarin features a blend of two traditional Ayurvedic herbal formulas that support healthy digestion, energy production, and organ function, all of which are critical to avoid succumbing to the effects of stress. This formula is excellent for those who "burn the candle at both ends" and are at risk of becoming run-down due to an unhealthy lifestyle or diet.◆

Stressed & Wired

Serenagen®

Feeling stressed, agitated, and irritable? This special blend of herbs promotes a sense of inner calm and helps counter the effects of a hectic, demanding lifestyle. Serenagen is a classic, comprehensive herbal stress formula that has been used throughout China for centuries. By supplying a concentrate of herbs that includes rehmannia root (*Rehmannia glutinosa*), schisandra fruit (*Schisandra chinensis*), and Asian ginseng root (*Panax ginseng*), Serenagen is able to address multiple organs and systems involved in the stress response, helping to promote balance and harmony. This formula is perfect for those who may be overworked, sleep too little, or have difficulty resting due to stress.◆

Stressed & Tired

Adreset®

Are you feeling weak and fatigued? This adaptogenic formula is designed to enhance energy and stamina, providing exceptional support for those who are exposed to chronic stress. Adreset features standardized extracts of Asian ginseng root (*Panax ginseng*), rhodiola root (*Rhodiola rosea*), and cordyceps mycelium (*Cordyceps sinensis*)—highly valued adaptogens that support a healthy, balanced response to stress. These herbs can help your body adapt to stressors of various kinds, whether physical exertion, trauma, sleep deprivation, or psychological stress. The adaptogens featured in Adreset are traditionally used to provide overall stress protection, increased energy, more restful sleep, and enhanced mental clarity and perception.◆

Burned Out & Exhausted

Licorice Plus®

Are you burned-out? Have you lost the capacity to cope with stress? Licorice Plus may be perfect for you. This targeted formula features licorice root extract (*Glycyrrhiza glabra*)—the herb of choice for adrenal support. Licorice supports healthy levels of adrenal hormones, which are necessary for coping with stress and having the energy to make it through a tough day. Licorice Plus provides standardized levels of glycyrrhizic acid—the major component of licorice thought to be responsible for its anti-stress benefits. Ashwagandha root (*Withania somnifera*), rehmannia root (*Rehmannia glutinosa*), and Chinese yam root (*Dioscorea oppositifolia*) are added for additional adrenal support and to promote healthy adaptation to stress.◆

Thyroid Support Formula

Thyrosol®

Did you know that thyroid health is affected by stress? Thyrosol is an exciting three-in-one formula that supports healthy thyroid hormone activity. While many products primarily address only the synthesis of thyroxine (T₄), Thyrosol takes nutritional support for thyroid health to the next level by providing key nutrients such as iodine, selenium, zinc, niacin, and vitamins E, A, and D. This three-in-one formula is designed to support: 1.) the synthesis of thyroid hormones, 2.) the conversion of T₄ to the more bioactive triiodothyronine (T₃), and 3.) the expression of thyroid hormone-responsive genes. Supporting healthy thyroid hormone activity throughout life is critical to good health and vitality.◆

Fortify Your Reserves

When you are under stress, you often don't eat right. That's why it's important to fortify your body with nutrients that are important for maintaining a healthy stress response and keeping your energy going:

- **Glycogenics®**—A comprehensive, ratio-balanced B-complex formula for optimal energy and stress resistance.◆
- **Adrenogen®**—Nutritional support for healthy adrenal function, which is important for optimal stress hormone production.◆

◆ 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.