



Where Great Health Begins

Stress-Relax[®]

Calming solutions to stress,
anxiety, and insomnia

Relax



CALMING SOLUTIONS

We all experience stress of one kind or another. Most people associate stress with a negative event, but it can also be felt at positive times in our lives: the birth of a child, a promotion at work, or even a marriage proposal. Stress, in small doses, can help us move forward or motivate us, but when left unchecked, stress can become detrimental and in some chronic cases, even deadly. The body has control mechanisms to counteract everyday stress. Often a stress response is so mild it can go unnoticed. However, if stress is extreme or long-lasting, these control mechanisms can be overwhelmed. Chronic stress over long periods sets the stage for serious, long-term damage.

Signs of stress

- Anxiety
- Weight loss/gain
- Fatigue
- Headaches
- Irritability
- Severe behavioural changes
- Insomnia
- Cravings
- Memory loss

Although some of these symptoms can be caused by other issues (improper diet, allergies, cold, flu...), be aware of your body's "out-of-the-norm" responses, especially those that appear following a significant positive or negative event.



The three phases of stress

There are three phases the body goes through in reacting to stress: alarm, resistance, and exhaustion. These phases are largely controlled and regulated by the adrenal glands that sit above each kidney and produce adrenaline and other hormones.

Alarm phase – usually short-lived, the body produces a “rush” of adrenaline and a “fight or flight” response is activated.

Resistance phase – a longer period of time during which the body continues to fight the stressor.

Exhaustion phase – when the entire body is affected by stress, the heart, blood vessels, adrenals, and immune system suffer most. The body cannot continue without the stressor being addressed and treated.

The short-term effects of adrenal hormones are very necessary when the body is faced with danger, but continued stress increases the risk of disease, including diabetes, high blood pressure, and cancer.

Naturally effective stress management

When the body’s natural “control mechanisms” become taxed it may be time to get a little extra help. Natural Factors’ superior, fast-acting Stress-Relax products can help you cope with occasional and chronic stress, and promote sound, healthy sleep. These supplements provide a comprehensive approach for calmer days and restful nights. Each product can be used alone or in combination for personalized stress management.



Tranquil Sleep

Helps relieve mild insomnia and calms nervousness

Stress-Relax Tranquil Sleep helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed, without the potentially serious mental and physical side effects caused by pharmaceutical “sleeping pills.” Containing Suntheanine® L-theanine, melatonin, and 5-HTP, this natural alternative is completely safe, highly effective, and non-habit forming.

- Works in harmony with your body’s natural sleep hormones
- Promotes restful sleep, so you wake refreshed and alert
- Induces relaxation and lowers the body’s stress response
- Helps you fall asleep and stay asleep
- Available in great-tasting chewable tablets or easy-to-swallow softgels



Serenity Formula

Helps relieve symptoms of chronic stress and anxiety

Stress-Relax Serenity Formula is a unique mix of adaptogenic herbs designed to promote emotional well-being and to help the body cope with symptoms of stress naturally. It is the ideal formula for those suffering from adrenal exhaustion and other health issues caused by anxiety and chronic daily stress.

- Adrenal exhaustion resulting from chronic stress
- Broad spectrum help for a variety of stress-related disorders
- Mood/anxiety disorders
- May be used long term
- All-vegetarian herbal formula



100% Natural GABA

Fast-acting relief for nervousness and acute stress

Stress-Relax 100% Natural GABA is a superior source and naturally produced form of the important brain compound gamma-aminobutyric acid (GABA). Convenient chewable tablets in tropical fruit flavour help to quickly promote relaxation and ease nervous tension.

- Reduces stress, anxiety, nervousness, and quickly restores mental calmness
- Promotes mental clarity and physical relaxation without drowsiness
- Improves cognitive functions including learning performance, concentration, and memory
- Controls stress-related eating and food cravings
- Improves sleep quality
- Available in great-tasting chewable tablets or vegetarian capsules



Magnesium Citrate

Relaxes muscles and calms nerves

Stress-Relax Magnesium Citrate is an effective way to meet the body's daily magnesium requirements. Magnesium helps the body metabolize carbohydrates, fats, and proteins. It also helps in tissue formation, and helps maintain bones, teeth, and proper muscle function. Inadequate magnesium intake can heighten the symptoms of stress, including muscle tension and sleep disturbances.

- Calms the symptoms of anxiety and stress
- Relaxes skeletal muscles, smoothes muscles, and the GI tract
- Improves sleep quality when taken in the evening
- Helps restore healthy levels of magnesium and balances calcium intake



Mind Retreat™

Calms the mind and promotes restful sleep

Stress-Relax Mind Retreat contains gamma-aminobutyric acid (GABA), lemon balm, magnesium, and vitamin B6, key nutrients that help cope with occasional stress. Mind Retreat promotes relaxation, reduces restlessness, and can be used as a sleep aid for periodic insomnia. It features clinically tested natural Pharma GABA™, shown to help calm a racing mind.

- Fosters a sense of calm, relaxed alertness, and mental clarity
- Helps relieve occasional restlessness in times of stress
- Benefits occasional insomnia and improves sleep quality
- Supports energy metabolism and neurotransmitter production



Mental Calmness

Promotes deep relaxation and mental clarity

Stress-Relax Mental Calmness formula provides natural anxiety and stress control without the side effects of pharmaceutical drugs. For anyone feeling stressed, frazzled or over-committed in this 24/7 world, this safe supplement restores mental calmness and promotes relaxation.

- Reduces feelings of stress and anxiety
- Promotes relaxation without drowsiness
- Safe and natural green tea extract
- 100% clinically tested Suntheanine
- Improves quality of sleep



Kava Kava 200/400 mg

Promotes relaxation and a sense of calm

Used for centuries by South Pacific Islanders to promote relaxation, modern research confirms kava's ability to help calm nervousness, relax tense muscles, and improve sleep quality. Kava also enhances mental focus and clarity. Stress-Relax Kava Kava is standardized to 30% kavalactones, the active constituent in kava.


- Promotes relaxation and helps calm nervousness
- Relieves occasional anxiety and minimizes the negative effects of stress
- Supports mental focus and clarity
- Supports restful sleep
- Helps soothe pain



Beat stress before it beats you

Stress is a part of our daily lives. Sometimes the body's natural defences are enough to battle stress, however there are times when our bodies' natural defences are just not enough. It is important to be aware of how stress is affecting us from day-to-day and if it becomes chronic and harmful, that we take measures to relieve it. Stress-Relax products can help by reducing the impact of stress, calming nerves, and providing a good night's sleep.



 Manufactured in Canada

Available at natural health stores throughout North America.
For more information call toll free 1-800-663-8900
or visit our website at: **naturalfactors.com**

Please note: The information in this pamphlet is for your interest only.

It is in no way intended to diagnose, recommend, or advise.

Please consult your personal medical or natural health care practitioner
on any matters concerning your well-being.

Printed on recycled paper using vegetable-based inks. 100% post-consumer waste.

