

# Stress Formula™

NERVOUS SYSTEM BALANCE AND SUPPORT



## A Calming Formula To Help You Take Life As It Comes

Stress is a normal part of life. No one can escape it. Each of us experiences stress from our jobs, family, home life and environmental factors. But while the stress itself is routine, it is up to us to deal with stress in a positive, healthy manner.

To manage occasional stress and anxiety, 4Life offers a uniquely blended product—Stress Formula. Stress Formula helps supply a protective nutritional shield against the effects of modern day stress. It contains key ingredients such as valerian, ginkgo biloba, peppermint, chamomile and other beneficial herbs that help to balance and tone the body's nerve "messaging centers." This nourishing blend can provide the essential support you need to comfortably take life as it comes!

## Key Points

- **Everyday Stress Relief:** This concentrated blend of herbs provides an excellent source of daily support to the circulatory system and promotes a calming effect to support a healthy central nervous system. Providing support to these body systems will help promote energy and improved concentration.
- **Safe and Effective:** Stress Formula is intended for daily support. The herbal ingredients are time-tested, safe and effective in supporting a healthy nervous system and a healthy digestive system.

## Did you know?

All stress is not bad. Eustress, or good stress, is the positive form that helps you stay motivated for a work deadline, gives you the energy to complete that last mile of your daily jog and gets you out of bed each morning to tackle the day ahead of you.

Claude Bernard, a French physiologist, advocated the modern principle that stress is the effect of external forces disrupting our internal state, which would otherwise remain in a state of balance or equilibrium. Walter Cannon, a neurologist, furthered Bernard's work on equilibrium and coined the term "homeostasis." He was the first person to recognize that there can be emotional, as well as physical stressors, and he demonstrated the "fight or flight" response, which exists in humans when threatened.

(Adapted from www.medicinenet.com)

## Technical Points

- Stress Formula is non-addictive and has no unpleasant side effects.
- Valerian has mild sedative properties and also supports healthy circulation.\*
- Stress Formula's proprietary blend includes peppermint extract to support gastric tissues along with lemon balm and chamomile extracts, which are renowned as digestive tonics.



**DIRECTIONS:** Take one (1) capsule twice daily with 8 oz of fluid.

**Serving Size:** One (1) Capsules  
**Servings Per Container:** 60

## Supplement Facts

Amount Per Serving	%DV
Peppermint (leaf)	110 mg *
English Chamomile (flower)	70 mg *
<b>Stress Proprietary Extract Blend</b>	<b>45 mg *</b>
Ginkgo Biloba Extract (leaf)	
Valerian Extract (root)	
English Chamomile Extract (flower)	
Lime Extract (blossom)	
Lemon Balm Extract (peel)	
Peppermint Extract (leaf)	
Passion Flower Extract (aerial parts)	
Ginkgo Biloba (leaf)	36 mg *
Passion Flower (aerial parts)	35 mg *
Linden (flower)	35 mg *
Lemon Balm (peel)	35 mg *
Valerian (root)	34 mg *

\*Daily Value (DV) not established  
Other Ingredients: gelatin capsule, magnesium stearate.

## Ordering Information

### Bottle

Item # 7040 - 60 ct/bottle

Item # 7041 - 12 for the price of 11

### Blister Pack

Item # 7045 - 100 capsules

Item # 7047 - 12 blisters for the price of 11