

## Stress Eze

If you consider the far-reaching side effects from our hectic, stressful life-style it is no wonder that we have the number of illness and sick days from work that we do. The wide spread frequency of stress related conditions such as Stress, Anxiety, Depression, Insomnia, Mood Swings, Melancholy and others, are almost universal, making anti-anxiety and anti-depression drugs the number one prescribed medications in the world.

With all the emphasis upon the negative aspects of obesity, we must remember that one of the biggest reasons why many people can't lose weight is due to the production of a stress hormone called cortisol. It has now been proven that one's ability to lose weight is directly linked to the amount of stress hormones in their system. The ingredients in this special formula prevent the production of cortisol by the adrenal glands, thus making weight management much easier.

There is no doubt that stress is a factor in most lives at some time or another. Key nutrients, revolving around the B-Complex vitamins, are what the body uses to fight the ravages of excess stress upon the internal chemistry of our bodies.

By adding key stress vitamins with natural tranquilizing herbs such as Valerian root, we have been able to help many thousands of people cope with excess stress on both the long and short term levels, very effectively.

*Excerpted from a lecture by K. Steven Whiting Ph.D., Director, Institute of Nutritional Science.  
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These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

**Stress Eze:** Key nutrients, primarily the B-Complex are essential in feeding and supporting the functions of the central nervous system. Combined with herbal extracts, which have been shown in clinical studies to support the nervous system and help the body manage stress and related complications.

**Capsules per Container: 120**

**Serving Size: 4 capsules**

**4 Capsules Contain:**

**% Daily Value**

<b>Vitamin C</b>	<b>750 mg</b>	<b>1,250%</b>
<b>Vitamin B-1 (thiamine)</b>	<b>50 mg</b>	<b>3,333%</b>
<b>Vitamin B-2 (riboflavin)</b>	<b>50 mg</b>	<b>2,941%</b>
<b>Vitamin B-6 (pyridoxine)</b>	<b>50 mg</b>	<b>2,500%</b>
<b>Vitamin B-12 (cyanocobalamin)</b>	<b>500 mcg</b>	<b>8,333%</b>
<b>Pantothenic Acid</b>	<b>1,200 mg</b>	<b>12,000%</b>
<b>Magnesium (Citrate)</b>	<b>100 mg</b>	<b>25%</b>
<b>Adrenal Substance</b>	<b>200 mg</b>	<b>*</b>
<b>Valerian Root Extract</b>	<b>400 mg</b>	<b>*</b>

*\*Daily Value Not Established.*

*Other Ingredients: Gelatin, purified water*

**Suggested Use:** Adults take 2 capsules twice daily or as directed by your health care practitioner.

For best results, we suggest using this product in conjunction with a Full Spectrum liquid nutritional program.

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