



**Please Note: KAVA KAVA in the Formula has been replaced by Valerian Root Extract.**

**Total Valerian Root in the formula now: 300 mg**

### **Stress Eze:**

#### **Key nutrients for a high stress lifestyle**

Key nutrients, primarily the B-complex are essential in feeding and supporting key 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.

***Excerpted from a lecture by K. Steven Whiting Ph.D.,  
Director, Institute of Nutritional Science. Reproduced by  
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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.

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 combining key stress vitamins with natural tranquilizing herbs such as valerian and Kava 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.

Capules per Container: 120	...	...	...
Serving Size: 4 capsules	...	...	...
4 Capsules Contain	...	...	% Daily Value
Vitamin C	...	750 mg	1250%
Vitamin B-1 (thiamine)	...	50 mg	3333%
Vitamin B-2 (riboflavin)	...	50 mg	2941%
Vitamin B-6 (pyridoxine)	...	50 mg	2500%
Vitamin B-12 (cyanocobalamin)	...	500 mcg	8333%
Pantothenic Acid	...	1200 mg	12000%
Magnesium (Citrate)	...	100 mg	25%
Adrenal Substance	...	200 mg	*
Valerian Root Extract	...	200 mg	*
Kava Kava	...	150 mg	*

\* Daily value not established.

**Other ingredients: Gelatin, Water**

**Suggested Use: Adults take 2 capsules twice daily or as directed by your health care practitioner. For Maximum results this product should be taken with our LiquiDaily Supreme & the LiquiDaily Essential Trace Minerals.**

**For best results, we suggest using this product in conjunction with a Full Spectrum Liquid nutritional supplement. Doing so will provide you body with the broad spectrum of nutritional support it needs every day. Consult your retailer for further details and recommendations**

**in the USA 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.**