

Stress Formula™

NERVOUS SYSTEM BALANCE AND SUPPORT

4Life®

A Calming Formula To Help You Take Life As It Comes

The work piles up. The kids scream. Traffic is horrible. Deadlines are approaching. All of these events, among others, add to the everyday stress of life. Of course you can expect to experience stress to some extent, but continual stress can eventually have a negative impact on your overall health. Further, anxiety and emotional challenges may occur when stress is constant and unrelenting.

To help ease the effects of 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 the central nervous system. Providing support to these body systems will help ease nervous tension and lessen anxiety, leading to increased energy and improved concentration.

Stress Formula is also developed to help deal with the effects overstress may cause in the stomach, soothing the "knotted up" feeling which can occur as stress and anxiety increase throughout the day.

- **Safe and Effective:** Stress Formula is intended for daily support. The herbal ingredients are time-tested, safe and effective in supporting the nervous system and also in helping to ease the discomforts that stress and anxiety bring to the stomach.

Did you know?

The American Psychological Association reports that stress is linked to the six leading causes of death—heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide.

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 can improve circulation. Other factors associated with stress that valerian may help include: anxiety, fatigue and nervousness.*
- 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	*
Stress Proprietary Extract Blend	45 mg	*
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 [K0]

Ordering Information

Item # 7040 - 60 ct/bottle

Item # 7041 - 12 for the price of 11

Item # 7045 - Blister Pack-
100 capsules

Item # 7047 - 12 blisters for the
price of 11