

Stress Relief Complex*

*Promotes a tranquil state of mind**

Stress Relief Complex helps relax the body and mind and promotes alertness while enhancing the body's ability to adapt to stress. This blend of natural ingredients also helps blunt cortisol, a hormone produced during stress that affects long-term health.**

Does Not Contain Kava



Stress Relief Complex
30 caplets
#20656

CHALLENGE:

Working mothers between the ages of 25 and 40 report the greatest amount of stress. However, nearly half of all Americans between the ages of 18 and 49 experience everyday stress. And the health impact of prolonged stress can be huge. The Centers for Disease Control estimates that 75-90% of trips to the doctor's office are stress related.

Some people try to relieve tension with behaviors—such as drinking, smoking, or overeating—that actually increase stress and present their own health risks. Stress-driven eating can lead to unhealthy weight gain.

More than a third of Americans have tried to alleviate stress with supplements, especially the herbal supplement kava. But kava can produce unwanted drowsiness, and on March 25, 2002, the Food and Drug Administration (FDA) advised consumers of the potential risk of severe liver injury associated with the use of kava-containing dietary supplements.

STRESS RELIEF COMPLEX*:

Stress Relief Complex offers nutritional support to help you quickly relax and stay calm without drowsiness.* Stress Relief Complex contains a unique blend of natural ingredients that provide quick relief from tension while promoting alertness.*

- **Promotes relaxation without drowsiness.*** L-theanine, a naturally occurring amino acid found in green tea, facilitates the generation of alpha waves that are associated with a relaxed yet alert mental state.*
- **Enhances the body's ability to adapt to continuing stress.*** Ashwagandha, an Ayurvedic herb traditionally used to enhance the body's ability to adapt to stress.*
- **Helps you avoid the effects of stress on long-term health by blunting the cortisol response to stress.*** Beta-Sitosterol, a natural plant sterol, helps to blunt the response of cortisol, a hormone produced during physical stress.* Chronically high cortisol levels have a negative association with good long-term health.
- **Helps make norepinephrine, which is involved in mood regulation.*** L-tyrosine is an amino acid used by the body to make the neurotransmitter norepinephrine.* Studies suggest that norepinephrine levels may decline with stress.

WHO WILL BENEFIT FROM STRESS RELIEF COMPLEX*?

- People seeking a natural approach to stress management to help cope with the everyday stresses of modern life
- Working women with children
- Those whose jobs involve pressures such as public speaking or demanding deadlines
- Athletes, entertainers, or others in the public eye
- People experiencing increased stress due to recent economic or security concerns

WHAT'S IN STRESS RELIEF COMPLEX*?

Supplement Facts

Serving Size: 1 caplet

	Amount Per Serving	% Daily Value
L-Theanine	100 mg	†
Ashwagandha Root Extract (<i>Withania somnifera</i>)	100 mg	†
Beta-Sitosterol (from soybean phytosterols)	60 mg	†
L-Tyrosine (from sugar beet, <i>Beta vulgaris</i>) (root)	100 mg	†

† Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Croscarmellose Sodium.

* 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.

HOW SHOULD STRESS RELIEF COMPLEX* BE USED?

Take one caplet daily during periods of stress. Some individuals may wish to take two caplets on occasion.

Can be used as part of a stress-management program that includes a healthy diet, regular exercise, and good social support. If pregnant or nursing, ask a health professional.

SCIENTIFIC SUPPORT FOR THE INGREDIENTS IN STRESS RELIEF COMPLEX*:

L-theanine In one study with young women, L-theanine appeared to produce a relaxed and alert state by having the greatest impact on the intensity of alpha waves among the women categorized as high-anxiety responders.

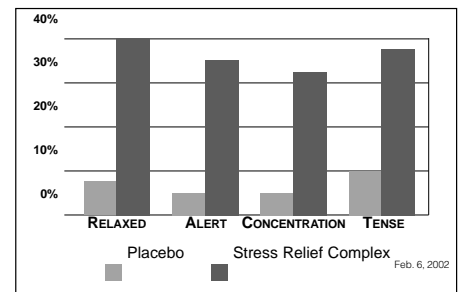
Ashwagandha (*Withania somnifera*) Laboratory studies and centuries of safe use have demonstrated ashwagandha's adaptogenic properties, including its ability to enhance performance during stress.

Beta-Sitosterol A recent study suggested that beta-sitosterol had a positive effect on immune function in marathon runners, in addition to blunting the subjects' cortisol levels.

L-Tyrosine In a number of human studies, fairly high intakes of the amino acid L-tyrosine were found to lessen the impact of environmental stressors such as extreme cold, loud noises, or sleep deprivation on the performance of subjects. Environmental conditions often lead to stress or anxiety.

WHY CHOOSE SHAKLEE STRESS RELIEF COMPLEX*?

- Unique approach to help you quickly relax; enhances your body's ability to adapt to stress while promoting long-term health.*
- Unique blend of premium ingredients that support a calm, relaxed state without drowsiness during times of everyday stress, while promoting alertness.*
- Relaxation, alertness, better concentration and relief from tension experienced by users.*
- Proven safety with clinically studied and traditionally used ingredients. (Does not contain kava kava.)
- Combines the best of nature and science.
- 100% Shaklee Guaranteed.**



7 day double-blind placebo controlled trial

In every category measured, more people taking Stress Relief Complex* experienced benefits than those who consumed the placebo in a preliminary double-blind test.

SUPPORT MATERIALS:

- Stress Relief Complex Flyer, Item #74761 (English) #74762 (Spanish)

References:

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- Juneja LR et al. L-theanine: A unique amino acid of green tea and its relaxation effect in humans. *Trends in Food Science and Technology* 1999; 10:199-204.
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**If for any reason a Shaklee product is not satisfactory, return it to your Shaklee Independent Distributor or Shaklee Corporation for exchange or full refund.

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Shaklee Corporation, Pleasanton, CA 94588
02-071 (4/02)