Stress Pack is a unique nutritional program designed to provide the body with essential nutrients for strengthening the nervous system, as these nutrients are easily depleted during times of emotional, mental or physical stress. Stress Pack contains a combination of vitamins and herbs that have been shown to help relieve anxiety, relax muscular and nervous tension, enhance the body's natural recuperative abilities, and reduce the negative effects of stress upon the body. Stress Pack provides 30 convenient pocket-sized packets, each containing:

**Stress-J** contains a combination of herbs that promote relaxation and reduce mild anxiety to help relieve nervousness, restlessness and nervous tension. For example, Stress-J includes passion flower and hops, which are approved by the German Commission E for anxiety and nervous restlessness. Stress-J also provides herbs that have been shown to relax intestinal cramping and soothe inflammation of the gastrointestinal tract.

**Nutri-Calm** is a vitamin and herbal supplement designed to help the body combat the physical, mental and emotional effects of stress. Nutri-Calm contains herbs and vitamins, including B-vitamins, which support the nervous system, enhance immune function, reduce anxiety, relieve insomnia, relax nervous tension, and even facilitate memory and brain function. B-vitamins are critical for maintaining healthy nervous system function and reducing the effects of stress upon the body—symptoms of B-vitamin deficiency include tiredness, irritability, nervousness and depression.

**AdaptaMax** is a remarkable formula designed to support the body’s natural defense mechanisms against all types of stress. AdaptaMax contains powerful herbal adaptogens that help reduce the negative effects of stress on the body, along with antioxidant- and nutrient-rich herbs and whole foods to enhance the immune system, increase energy levels, and promote mental and physical well-being. The term *adaptogen* is used to describe a substance that increases the body's non-specific resistance to prolonged stress and enhances the body's endurance for physical and mental work. Herbal adaptogens have been shown to help improve the body’s defense mechanisms against disease and adverse environmental stressors and promote mental and physical health and longevity.

**Nerve Eight** is an herbal formula designed to relieve pain and inflammation in the joints, muscles and nerves. Nerve Eight combines herbs that have demonstrated effective analgesic (pain-relieving) and anti-inflammatory effects for a wide range of health problems, including arthritis-related disorders, back pain, headaches, and muscle and nerve pain. Nerve Eight also provides herbs that have mild sedative properties, which can help ease anxiety and depression, lower blood pressure, and relieve stress and nervous tension.

References:

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