



Daily Stress Formula

What Is It?

Daily Stress Formula is a blend of herbs and nutrients designed to provide powerful defense from the mental and physical factors associated with occasional stress. The formula synergistically supports mental relaxation while counteracting the metabolic effects of occasional stress.*

Uses For Daily Stress Formula

Mental Endurance and Relaxation: In addition to promoting memory and cognitive function, *Bacopa monniera* maintains healthy enzyme activity in the brain, supporting the ability to deal with stress. In one three-month trial conducted by Australian scientists, bacopa supported learning, minimized stress, and promoted memory. Recently, a double blind crossover trial suggested that *Rhodiola* may help to moderate fatigue under stressful conditions and to support short-term memory and concentration. In a separate, double blind, placebo-controlled pilot study, *Rhodiola* provided support for physical and mental stress in students. Similarly, the amino acid l-tyrosine has indicated the potential to promote cognitive function and memory under stressful conditions. *Eleutherococcus senticosus*, or eleuthero, is used as an adaptogen to help bolster adrenal function and stress resistance. Like ashwagandha, it is highly revered for promoting energy, vitality and immune defense. Chamomile and lemon balm provide traditional support for calmness and relaxation.*

Metabolic Support: B complex vitamins, vitamin C and magnesium are included to help counter the effects of stress on healthy nutritional status. B vitamins have been associated with healthy neurotransmitter function and energy metabolism. Vitamin B₅ is especially important for boosting healthy adrenal gland function to strengthen the body's ability to withstand stress. Vitamin C provides important support for neutralizing free radicals generated by the stress response.*

What Is The Source?

Ascorbic acid, riboflavin (B₂) and methylcobalamin (B₁₂) are derived from corn dextrose fermentation. Thiamine HCl (B₁), niacinamide, pantothenic acid (calcium pantothenate) (B₅) and pyridoxine HCl (B₆) are synthetically derived. Magnesium is derived from the lime of rock. l-Tyrosine (free-form) is derived from soy. *Eleutherococcus senticosus* extract is derived from the root and standardized to contain 0.8% eleutheroside E & B. *Bacopa monniera* extract is derived from the leaf and standardized to contain 20% bacosides A & B. *Rhodiola rosea* extract is derived from the root and standardized to contain 3% total rosavins and a minimum of 1% salidosides. Chamomile is derived from *Matricaria recutita* flowers and standardized to contain 1.2% apigenin. Lemon balm is derived from *Melissa officinalis* leaves and standardized to contain 5% rosmarinic acid. Ashwagandha extract is derived from the root of *Withania somnifera* and standardized to contain 5% withanolides. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 3 capsules per day, in divided doses, with or between meals.

Are There Any Potential Side Effects Or Precautions?

In rare cases, certain ingredients have caused nausea, headache or fatigue. Eleuthero has been associated with palpitations, tachycardia or hypertension in individuals with cardiovascular disorders. Chamomile is not recommended for individuals with sensitivity to botanicals from the Asteraceae/Compositae family. Not to be taken by pregnant or lactating women.

(continued)

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Are There Any Potential Drug Interactions?

Certain ingredients may be contraindicated for individuals taking benzodiazepines or CNS depressants. Ashwagandha is not recommended for individuals taking immunosuppressant medications. Eleuthero may interact with blood thinning medications. Consult your physician for more information.

Daily Stress Formula

three vegetable capsules contain

ascorbic acid	250 mg.
thiamine HCl (B ₁).....	20 mg.
riboflavin (B ₂)	10 mg.
riboflavin 5'phosphate (activated B ₂)	10 mg.
niacinamide	35 mg.
pyridoxine HCl (B ₆)	10 mg.
pyridoxal 5'phosphate (activated B ₆).....	10 mg.
methylcobalamin (B ₁₂).....	200 mcg.
pantothenic acid (calcium pantothenate) (B ₅).....	200 mg.
magnesium (citrate).....	50 mg.
l-tyrosine (free-form)	250 mg.
Eleutherococcus senticosus extract (root)	200 mg. (standardized to contain 0.8% eleutheroside E & B)
Bacopa monniera extract (leaf)	200 mg. (standardized to contain 20% bacosides A & B)
Rhodiola rosea extract (root)	200 mg. (standardized to contain 3% total rosavins and min. 1% salidroside)
Matricaria recutita (chamomile) extract (flower)	100 mg. (standardized to contain 1.2% apigenin)
Melissa officinalis (lemon balm) extract (leaf).....	100 mg. (standardized to contain 5% rosmarinic acid)
Withania somnifera (ashwagandha) extract (root).....	200 mg. (standardized to contain 5% withanolides)
vitamin C (as ascorbyl palmitate)	15 mg. (hypo-allergenic plant fiber added to complete capsule volume requirement)

Not to be taken by pregnant or lactating women.

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