

Stress-J

Natural Balance for a Stressful World

At times daily stress piles up, and you find yourself edgy, tense and perhaps even tossing and turning in bed at night. Too much stress can cause the body to use more of important nutrients such as the B vitamins.

While regular exercise, good nutrition and fulfilling recreation are wonderful stress-busters, often we don't find time for these with today's busy lifestyles.

Stress-J's unique blend of herbal ingredients can help support the nervous system when you don't have the time to take a break from everyday life.



BENEFITS

- Promotes natural calming.
- Supports proper stress mechanism function.
- Aids proper digestion.
- Provides help for occasional stress relief.

HOW IT WORKS

Passion flower is a natural support to relaxation centers of the nervous system and has been used historically to help with restlessness. Calming and soothing, it doesn't affect mood or orientation.

Fennel has long been known to strengthen the digestive system, where emotional stress is most likely to center.

Feverfew is an aromatic herb able to help the body deal with muscular tension.

Hops is considered a tonic herb and is especially recognized for promoting sleep and helping the body deal with occasional restlessness. It also benefits the digestive system, thereby helping to prevent intestinal stress from undigested food.

Chamomile is known for supporting nerve health and mental alertness. It also aids digestion and helps with circulation. It is soothing with no harmful side effects.

Marshmallow contains high levels of the calming mineral calcium and has well-known soothing properties. It is rich in important B vitamins as well—just what the body needs most when under daily stress.

NSP ADVANTAGE

Stress-J contains a powerful blend of herbs known to help support proper nervous system function. Its unique formula contains four major calmatative herbs and promotes relaxation and well-being.

Nature's Sunshine gives you the choice of capsules or liquid concentrate for rapid and easy assimilation. The liquid extract is dissolved in vegetable glycerin, a non-toxic substance with its own nutritional benefits. Glycerin tastes sweet and helps mask the bitterness of some herbs.

INGREDIENTS

Contains passion flower aerial parts, fennel seeds, feverfew aerial parts, hops flowers, chamomile flowers and marshmallow root extract.

RECOMMENDED USE

Take 2–3 capsules with a meal three times daily.


Liquid: Take 15–30 drops in water ever four hours.

For children: Give 10–20 drops in water every four hours.

COMPLEMENTARY PRODUCTS

- **Nutritional:** Nutri-Calm®, B-Complex, Nerve Eight®.
- **Homeopathic:** Distress Remedy.
- **Essential Oils:** Chamomile (Roman), Lavender Fine AOC.

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Stock No. 1084-1 (100 capsules) 

Stock No. 3163-3 (2 fl. oz.)



Contact your local NSP Herb Specialist: