

## HERBAL STRESS RELIEF

Offers natural stress relief while helping the body maintain and/or restore maximum performance balance.

Solutions4 Herbal Stress Relief is an enhanced Valerian Root Formula which acts as a natural and relaxing stress-reliever. Valerian is a perennial plant found in New England and Europe. The root has been blended with Hops Flowers, Chamomile Flowers, and Passion Flowers in a synergistic formula. These ingredients have traditionally been used for relaxation.

**Suggested Use:** 2 capsules daily, one capsule morning and one capsule evening (more may be taken if desired but do not exceed 12 capsules in one 24-hour period).

2 capsules daily will last: 45 days

**Size Available:** 90 capsules

**Shelf Life:** 7 years

### Ingredients:

**PASSION FLOWER**—Sedative, calms the nervous system and promotes sleep.

**VALERIAN ROOT**—Very potent tranquilizer, antispasmodic, and mild anodyne.

**CHAMOMILE FLOWER**—Sedative, good for excitement and nervous stomach.

**HOPS FLOWERS**—Sedative, restoring tonic for the nervous system.

**CATNIP**—Antispasmodic, digestive stimulant, promotes cooling.

**LAVENDER FLOWER**—Sedative and analgesic; antispasmodic.

**MYRRH GUM**—Immune stimulant, circulatory stimulant.

**SPEARMINT LEAVES**—Antispasmodic, digestive tonic, promotes bile flow. Relaxes peripheral blood vessels.

