

WHAT'S INCLUDED IN THIS KIT

Adrenal Calming:

This supplement is designed to relieve stress and anxiety, increase mental clarity, improve sleep quality, and promote a state of relaxed comfort. This supplement uses an exclusive blend of herbal extracts and other naturally occurring substances that boost brain health, calm the mind, and ward off fatigue.

Herbal Stress Relief:

This natural stress-relief formula is composed of synergistic herbs which help the body maintain maximum performance while promoting comfort and relaxation, gently calming the central nervous system. This blend contains herbs like valerian root, chamomile, and hops flower that gently calms your body and mind.

Multivitamin/Multimineral:

This blend provides a perfect combination of nutrients to promote optimal health, healing, and relaxation.

Serotonin Support:

This supplement is designed to improve mood and reduce irritability, utilizing an exclusive blend of all-natural ingredients including a vitamin/mineral complex and 5-HTP. It also reduces stress, improves cognitive function, balances the mood, and encourages optimistic serenity in day-to-day activities.

Sleep:

This incredible supplement is designed to promote healthy sleep, aid in stress management, and soothe an anxious mind. This supplement achieves outstanding results by using a special blend of all-natural ingredients, including melatonin, which encourages deep and restorative sleep.

Contact Us For More Information



STRESS-RELIEF KIT

For a more calm and relaxed life



Solutions4[™]
NATURAL CLINICAL HEALTH

HOW THIS KIT WILL BENEFIT YOU

The Solutions4 Stress Relief Kit offers an all-natural, holistic approach to relieve stress and anxiety, calm the mind and nervous system, balance mood, and promote relaxation with a combination of dietary guidelines and supplementation. This kit will rejuvenate your body and mind creating a calmer, relaxed state so you can live a happier, more satisfying, stress-free life.



STRESS-RELIEF KIT

ADDITIONAL PRODUCTS USED IN THIS KIT

(PURCHASED SEPARATELY):

To provide your body with the nutrients it needs, we recommend using our Solutions4 Wellness Kit in conjunction with the Stress Relief Kit. The Wellness Kit combines the Solutions4 Daily Essentials and the Solutions4 Nutritional Shake. The packets in the Wellness Kit are full of the essential vitamins, minerals, and anti-inflammatory nutrients that your body needs to stay healthy for the rest of your life.

Solutions4 Nutritional Shake:

This quick-and-easy meal replacement shake provides a perfect blend of protein, digestive enzymes, vitamins, and probiotics. The high-quality whey comes from New Zealand and is casein-free, lactose-free, with zero sugar.

Solutions4 Daily Essentials:

These convenient grab-and-go packs provide you with all of the vitamins, minerals, enzymes, antioxidants, and fatty acids that your body needs.

INSTRUCTIONS

Adrenal Calming:

Take two in the morning and two in the afternoon.

Herbal Stress Relief:

Take two in the morning and two in the afternoon.

Multivitamin:

Take two in the morning and two in the afternoon.

Serotonin Support:

Take two in the morning and two in the afternoon.

Sleep:

Take one before bedtime.

Solutions4 Nutritional Shake:

Replace one to two meals each day with the shake.

Solutions4 Daily Essentials:

Take one packet daily.

TIPS FOR SUCCESS

Cleanse First:

For best results, we recommend using the Solutions4 7-Day Cleanse Kit before beginning the Stress Relief Kit. Cleansing will prepare your body for healing by detoxing your system internally, clearing the lymph nodes, and eliminating any dietary issues that could be contributing to increased stress levels in the body.

OTHER SUGGESTED PRODUCTS

Solutions4 B12:

Vitamin B12 is essential to the functioning of the brain, nerves, and circulatory system. This essential vitamin is known to insulate nerve cells and help the body build new, healthy cells!

Solutions4 Craving & Impulse Control:

This powerful supplement is designed to help manage cravings, boost energy levels, and control impulsive behavior. Amino acids and a unique vitamin/mineral complex provide an overall boost in cognition.

Solutions4 Vitamin D:

Get the benefits of a day in the sun with one simple supplement! Vitamin D can boost your mood, increase energy, and improve full body health. Vitamin D offers many health benefits, including bone strengthening, reduced risk of disease, and immune boosting.

WHERE TO GO FROM HERE

Maintain Your Progress with the Solutions4 Wellness Kit:

To retain your results (and stave off any relapse) be sure that you are getting all of the nutrients your body needs. For this, we recommend using our Solutions4 Wellness Kit comprised of Solutions4 Daily Essentials and the Solutions4 Nutritional Shake.

If you're looking to achieve other results – lose weight, reduce pain, sleep better, etc. – you can also find specific kits or supplements designed to help with these conditions. Talk to your doctor to determine which course of action is right for you.



EATING GUIDELINES

If you're eating foods that put undue strain on the body, you'll be actively working against the supplements that you're taking. To help you get the most out of this kit, we recommend that you follow these dietary guidelines:



RECOMMENDED:

Organic dark leafy greens and brightly colored vegetables
Organic fruits
Organic eggs and poultry
Wild-caught fish
Unrefined, cold-pressed olive oil and coconut oil
Organic butter



ACCEPTABLE:

Whole grains and legumes (rice, quinoa, lentils, beans, etc.)
Non-organic fruits and vegetables
Non-organic poultry and eggs
Farm-raised fish
Organic, grass-fed red meat
Refined olive oil and coconut oil
Unrefined natural sweeteners: (honey, pure maple syrup, agave, etc.)



OFF LIMITS:

Dairy products
Refined vegetable oils
Refined grains, flours, and sugars
Processed foods, fast foods and junk foods
Alcoholic or caffeinated beverages
Artificial sweeteners
Large amounts of red meat