

## **FOR STRESS & ANXIETY**

### **SUMA, by Nature's Sunshine**

The feelings associated with stress are often accompanied by a feeling of being overwhelmed, that there is too much to do, and not enough time to do it in. This “adaptogen” combination works amazingly quickly to provide energy and restore your confidence that everything is “under control.” Sometimes called “Brazilian ginseng,” Suma overcomes stress and fatigue while improving health and vitality.

Take three capsules, 3x a day while dealing with a busy hectic schedule, or while convalescing from any illness.

### **GABA PLUS, by Nature's Sunshine**

Gamma-amino-butyric acid is the primary relaxing neurotransmitter, functioning to induce a sense of tranquility and calmness. In its absence, constant anxiety-related transmissions to the cortex lead to feelings of anxiety, panic attacks, high blood pressure, excessive perspiration, a “racing” mind, and an inability to lie down and go to sleep, or to return to sleep if awakened in the middle of the night. GABA receptor sites are located throughout the brain and body, and they work to prevent anxiety from exhausting the brain and nervous system. GABA calms and relaxes the nervous system.

Take one capsule twice a day, 12 hours apart; or up to two, twice a day, as needed.

### **Nervous Fatigue Formula, by Nature's Sunshine**

For those suffering from chronic stress and exhaustion that is not relieved by sleep, this Chinese formula helps stabilize the adrenals, maintain healthy magnesium levels, and quickly eliminate heart palpitations. It also helps quicken recovery time from illness, chemotherapy, or radiation. It is recommended for persons with chronic constipation, high blood pressure, muscle spasms, and a tired mind.

For best results, take three capsules early in the morning, and more throughout the day as desired. There are eighteen herbs in this combination that work synergistically to relieve stress and fatigue.