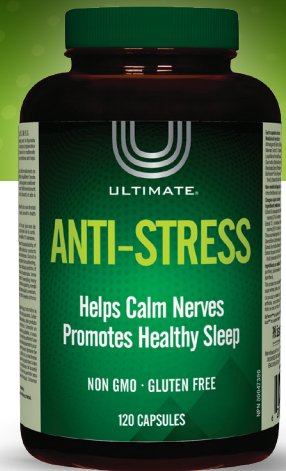




ULTIMATE.



ANTI-STRESS

NPN 80047396

Helps calm nerves and promotes healthy sleep

The Ultimate line is about improving lives, one body at a time, by correcting and maintaining metabolism and hormone balance as well as providing stress and immune support. Effective nutrient supplementation can often be the missing piece to optimal health. Our supplements are carefully formulated to provide the Ultimate in abundant energy, metabolism, health, and longevity.

Product summary

Ultimate Anti-Stress is a comprehensive formula designed to help calm nerves and promote healthy sleep. It features ashwagandha, traditionally used in Ayurvedic medicine as a nervine tonic, memory enhancer, and sleep aid; valerian, traditionally used in herbal medicine to help relieve nervousness and promote sleep; plus other synergistic ingredients with anti-stress benefits.

Benefits

- Stress relief from natural ingredients
- Relieves nervousness and promotes calmness, as used in herbal medicine
- Promotes healthy sleep
- Enhances memory, as used in Ayurvedic medicine
- Helps normalize the body's response to stress
- Contains the antioxidants quercetin and rhodiola

Research

Chronic daily stress is detrimental to both mental and physical health, impacting sleep and exhausting the body's stress-coping mechanisms. Ashwagandha (*Withania somnifera*) is a plant in the nightshade family that has been used traditionally in Ayurvedic medicine to improve the body's resistance to mental and physical stress. (1) Its main active phytochemicals are a group of steroidal alkaloids and lactones known as withanolides. (2)

As an adaptogen, ashwagandha has an important role in natural stress relief and has been shown to improve self-reported and physiological markers commonly associated with stress. (2) In a placebo-controlled study, healthy adults suffering from mild stress took a single 240 mg dose of ashwagandha extract per day. After 60 days of supplementation, participants were found to have a 41% reduction in ratings of nervousness and a 30% (near-significant) reduction on scales of unhappiness, nervousness, and stress. Participants were also shown to have lower levels of the stress hormone cortisol, compared to the placebo. (2)

Sleep helps rejuvenate the body both physically and biochemically. Ashwagandha is a recognized Rasayana (rejuvenation tonic) in Ayurvedic medicine with the ability to aid sleep. This may be related to its cortisol-lowering effects, which is important for maintaining a normal circadian rhythm. (3) A placebo-controlled trial examined the effects of daily 125 mg, 250 mg, and 500 mg doses of ashwagandha extract on stressed patients for 60 days. All doses were shown to significantly improve Hamilton anxiety scale measures of stress, including symptoms of fatigue and sleeplessness. Biochemical measures of stress, including blood levels of cortisol, fasting glucose, lipids, markers of oxidative stress, and the androgen dehydroepiandrosterone, were shown to improve in a dose-dependent manner. (3)

Rhodiola (*Rhodiola rosea*) is traditionally used in herbal medicine to temporarily relieve symptoms of stress, such as mental fatigue and feelings of weakness. (4) It is one of the best-known adaptogens available, with studies supporting its ability to strengthen the body against chemical, biological, and physical stressors. Because chronic stress interferes with memory and mental well-being, rhodiola can be used to enhance cognitive function, such as mental focus and stamina. It also provides antioxidants. (5)

Valerian (*Valeriana officinalis*) is traditionally used in herbal medicine to help relieve nervousness (calmative) and promote sleep. It is the most common herbal remedy used in the United States and Europe for inducing sleep. (6) Its mild sleep-inducing effects are considered non-habit forming and do not have a negative impact on sleep structure. A systematic review of valerian studies on doses ranging between 90–600 mg per day found that patients taking valerian had an 80% greater rate of improved sleep quality than placebo groups. (7)

Quercetin, an antioxidant bioflavonoid found in fruits and vegetables, has been shown to improve the body's antioxidant status. (7) Animal studies also support its therapeutic potential for conditions related to stress. Piperine is the main active component of black pepper and is recognized for enhancing the bioavailability of quercetin. (8)

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Ingredients

Each capsule contains:

Ashwagandha Extract (<i>Withania somnifera</i>) (root) (3% withanolides).....	187.5 mg
Valerian Extract 3:1 (<i>Valeriana officinalis</i>) (root) (0.8% valerenic acid).....	150 mg
Lyophilized Adrenal Tissue (cattle) (<i>Bos taurus</i>) (adrenal gland).....	37.5 mg
Quercetin (<i>Styphnolobium japonicum</i>) (flower bud)	25 mg
Rhodiola Extract (<i>Rhodiola rosea</i>) (root) (3.5% rosavins)...	12.5 mg
BioPerine® Black Pepper Extract (<i>Piper nigrum</i>) (fruit) (standardization 95% piperine).....	625 mcg

Non-medicinal ingredients: Rice starch, gelatin capsule (gelatin, purified water), citrus bioflavonoids, vegetable-grade magnesium stearate (lubricant).

Recommended adult dose: 1 capsule 2 times daily with food or as directed by a health care practitioner. For use beyond 12 weeks, consult a health care practitioner.

Caution: For adult use only. Piperine may increase the bioavailability of drugs and natural health products. Avoid taking with alcohol or products with sedative properties or products that increase drowsiness. Consult a health care practitioner prior to use if you are pregnant or breastfeeding, are taking prescription medications or have a serious medical condition, if you have asthma or are taking asthma medication or corticosteroids. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness. Consult a health care practitioner if symptoms persist or worsen, or if sleeplessness persists continuously for more than 4 weeks (chronic insomnia). Keep out of reach of children.

This product does not contain artificial preservatives, colours, or sweeteners; no dairy, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs.



NON-GMO · MASS SPEC
Documentation ✓ Lab Tested ✓

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