



### ST8 Stress Formula\* Description

A 30-day supply of ST8 Stress Formula\* from Esprita’s Balance line. Formulated with a combination of synergistic, natural ingredients to gently reduce routine stress levels.\*

Reduce stress naturally by taking just 1 capsule, twice daily with food.\*

### ST8 Key Benefits

- Helps reduce ordinary stress levels naturally.\*
- Supports healthy mood balance.\*
- Helps balance and replenish cells in the brain.\*
- Supports and maintains cognitive function.\*
- Promotes relaxation.\*
- Helps reduce the negative effects of caffeine.\*
- Improves the quality of sleep.\*

### ST8 Features

- Lemon balm extract is an important part of the ST8 formulation with naturally-occurring plant compounds, such as terpenes and eugenol to help relieve occasional simple nervous tension and relax the muscles.\*
- GABA (Gamma-Aminobutyric Acid) is the preeminent inhibitory neurotransmitter in the central nervous system. It helps to support healthy mood balance.\*
- ST8 also features phosphatidylserine (from sunflower lecithin) which helps support and maintain cognitive function and invigorate memory function.\*
- 5-HTP (5-Hydroxytryptophan) from griffonia extract strengthens the formulation by promoting the body’s production of serotonin for healthy mood balance and quality sleep.\*
- An extra level of calm and relaxation comes with the inclusion of valerian extract in the ST8 formulation. Valerian works well with lemon balm and ashwagandha.\*
- ST8 wouldn’t be complete without the amino acid L-theanine. Simply put, L-theanine is a relaxing, stress-relieving amino acid without sedating effects. L-theanine does not impair motor functions.\*
- We included ashwagandha extract in the formula because it is an adaptogen (improves the body’s ability to adapt to stress) and has been used as a healthy tonic for generations.\*
- Oat extract helps soothe the brain and nervous system, thereby improving mood, promoting relaxation, quelling the blues, and easing the transition into REM sleep.\*
- In veggie capsules.

### Key Active Ingredients

- Lemon balm extract
- GABA
- Phosphatidylserine
- 5-HTP
- Valerian extract
- L-theanine
- Ashwagandha extract
- Oat extract

### Uses & Notes

- Always read the label before use.
- Exercise caution if driving a motor vehicle or operating heavy machinery.
- Store in a cool, dry place.
- For adult use only.
- Keep out of reach of children.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving	%DV
Proprietary Blend 725 mg	
Lemon balm extract (leaf)	†
Gamma-Aminobutyric acid (GABA)	†
Phosphatidylserine (from sunflower lecithin) (seed)	†
L-5-Hydroxytryptophan (5-HTP) (from griffonia extract) (seed)	†
Valerian extract (root)	†
L-theanine	†
Ashwagandha extract (root)	†
Oat extract (aerial parts)	†

†Daily Value (DV) not established.

Other ingredients: Vegetarian capsules (hydroxypropyl methylcellulose, water), magnesium stearate, silicon dioxide.

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

