

paradisenuutrients

# Stress Support





## Stress Support

Paradise Nutrients Stress Support is a supplement derived from concentrated Ashwagandha Extract and concentrated Lemon Peel Powder still containing the lemon oil. This unique combination offers a combination of stress, anxiety, and malaise relief.

### Ingredients

Withania Somnifera (Ashwagandha)

Lemon Rind (peel) Powder

Withania is traditionally used in Ayurvedic medicine:

- ✓ as a rejuvenating tonic
- ✓ as an adaptogen, helping the body adapt to stress
- ✓ to relieve feelings of general malaise and general debility
- ✓ to reduce symptoms of mild anxiety in healthy individuals

Lemon Rind Powder

- ✓ Lemon oil from lemon peel has calmativ compounds that help relieve stress and anxiety



# Ashwagandha

Referred to as “Indian Ginseng” and interestingly enough, unrelated to Ginseng. Ashwagandha is used to tone, support, strengthen, and revitalize bodily functions. It has been revered over time for its dual capacity to energize and calm at the same time.

Maximizing the body’s ability to resist stress, it enables the body to reserve and sustain vital energy throughout the day while promoting sound, restful sleep at night, By providing a nourishing, yet energizing effect, Ashwagandha can support a healthy nervous system.

With the use of Ashwagandha, stress doesn’t impact the nervous system with such intensity like most of the adaptogen herbs, it supports the immune and adrenal system. It is an excellent tension reducing herb, as it works to combat the stress response in the body. It may assist in protecting the immune system, supporting healthy blood sugar metabolism, and lower cholesterol.

It improves brain function, such as memory changes and reduces anxiety, depression, and enhances sexual potency.





# Lemon Peel Powder

Lemon peel powder has calmativ compounds called Limonene that have the ability to relieve stress and anxiety. It also contains antioxidants that improve cognitive performance and enhance memory.

Lemon oil found in lemon peels has antibacterial properties and contains water-soluble minerals and vitamins that promote anti-wrinkle activity and signs of ageing.

Lemon Essential oil an extract that comes from lemon rind is a completely natural ingredient that has been used for 1000s of years in home remedies. It's extracted from the peel of fresh lemons using a "cold-pressing" process that rotate and pricks the peel to release the oil.

The Paradise Nutrients lemon peel extract has been developed into a safe food powder still containing the amazing lemon aroma.



# Stress and Anxiety

Stress affects us in many ways, including:

**Emotionally** – anxiety, depression, tension, and anger

The way we think – poor concentration, forgetfulness, indecisiveness, apathy, and hopelessness.

**Behaviourally** – increased drinking, smoking, insomnia, accident proneness, weight problems, obsessive-compulsive behaviour, nervousness, and gambling.

Lemon Rind Extract contain calmativie compounds that help relieve stress and anxiety. Lemon oil can put you in a better mood, soothing anxiety, and lifting the spirits. A small study on mice found that mice who inhaled lemon oil vapor showed a decrease in symptoms of stress.

**Stress** is a process, not a diagnosis. We experience stress when there is an imbalance between the demands being made on us and our resources to cope with those demands. Paradise Nutrients Lemon Rind Extract may be one of those resources that help you to cope.





# Anxiety

## What is Anxiety?

Everyone experiences anxiety from time to time.

Anxiety is the mind and body's reaction to stressful, dangerous, or unfamiliar situations. It is the sense of uneasiness, distress, or dread you feel before a big event. A certain level of anxiety helps us stay alert and aware, but for those suffering from an anxiety disorder, it feels far from normal - it can be completely horrible and uncomfortable.

Paradise Nutrients Stress Support may assist with your anxiety feeling because the ingredients has the ability to activate serotonin. Serotonin plays several roles in your body, including influencing learning, memory, happiness as well as regulating body temperature, sleep, sexual behaviour and hunger. Lack of enough serotonin is thought to play a role in depression, anxiety, mania and other health conditions.

Most of the serotonin found in your body is in your gut (intestines). About 90% of serotonin is found in the cells lining your gastrointestinal tract. It's released into your blood circulation and absorbed by platelets. Only about 10% is produced in your brain.

Serotonin is made from the essential amino acid tryptophan. An essential amino acid means it can't be made by your body. It has to be obtained from the food and supplements you consume.



# What is malaise and general debility?

**Malaise** is a general feeling of discomfort, illness, or fatigue that has no clearly identifiable cause.

A person may feel this way for various reasons. Some causes are transient and relatively benign, while others are more chronic and severe.

While health issues can cause malaise, people's experiences and descriptions of this feeling tend to differ, which can create challenges for a doctor during diagnosis.

Malaise is an unspecific symptom, and it can result from a diverse range of issues. Some causes come and go and are relatively harmless, while others can be lasting and severe.

A person should see a doctor if they experience severe, chronic, or unexplained malaise, or if other symptoms are present.

## Debility

General debility is a state of general weakness or feebleness that may be a result or an outcome of one or more medical conditions that produce symptoms such as pain, fatigue, cachexia and physical disability, or deficits in attention, concentration, memory, development and/or learning and chronic fatigue syndrome.



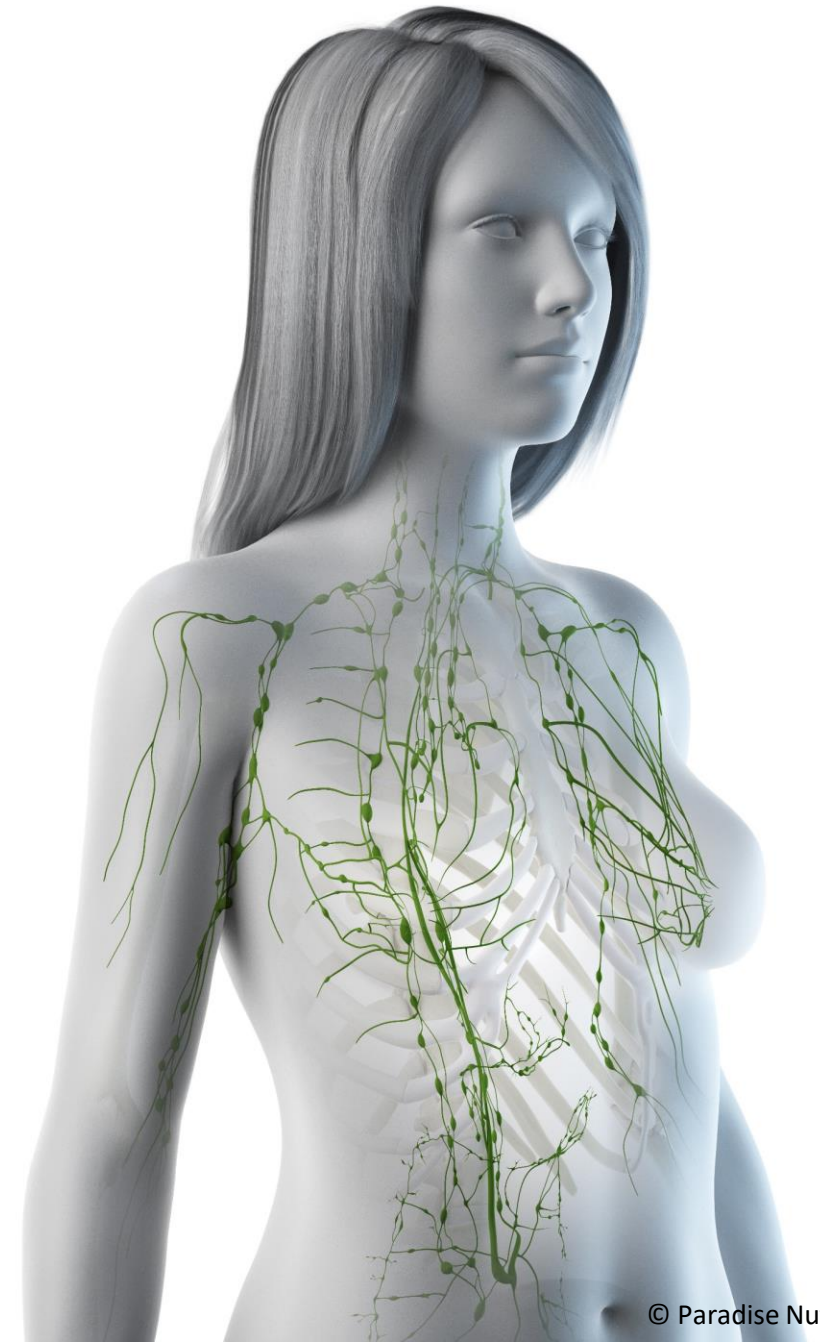
# Lymphatic Drainage

Lemon rind extracts have an antibacterial, antioxidant, and anti-inflammatory properties, so it helps to boost your immune system and fight respiratory conditions. It also serves as one of the top extracts for allergies.

Lemon oil from the lemon rind. It is one of the best essential oils for coughs because it benefits the lymphatic system, which protects you from harmful pathogens and reduces swelling in your lymph nodes. Lemon essential oil also stimulates lymphatic drainage, thereby reducing the accumulation of fluids that can cause you to cough.

Lemon Rind is rich in immune-boosting properties, and lemon essential oil is no different. They are rich in **d-limonene**, and this compound helps to encourage the production of white blood cells.

Lemon Rind Extract and water soluble lemon oil has also been used to help dissolve kidney stones and with body cleansing.







<b>Record Summary</b>	404163	Stress Support
<b>Sponsor</b>	PARADISE NUTRIENTS GLOBAL PTY LTD	
<b>Therapeutic Type</b>	Medicine	
<b>Product Category</b>	Listed	
<b>ARTG Start Date</b>	1/02/2023	
<b>Postal Address</b>	PO Box 269, Gatton, QLD, 3434 Australia	
<b>Billing Address</b>	PO Box 269, Gatton, QLD, 3434 Australia	
<b>Product Type</b>	Medicine - - Listed	
<b>Status</b>	Active	
<b>Approval Area</b>	Listed Medicines	

Manufacturers		
Name	Address	Manufacturing steps
CGS INVESTMENTS PTY LTD trading as CGS Pharma	Units 3-4 / 32 Enterprise Street CLEVELAND , QLD , 4163 Australia	Secondary packaging Packaging and labelling Release for supply Manufacture of dosage form
Chem-Chrom Laboratories and Services	Unit 15 / 10-12 Montore Road Minto , NSW , 2566 Australia	Testing chemical and physical
Primary Industries Management Services Pty Ltd T/A ConMac Laboratory Services	6 Glasson Drive BETHANIA , QLD , 4205 Australia	Testing microbial Testing chemical and physical
Scientest Analytical Services Pty Ltd	6/22 Mavis Court ORMEAU , QLD , 4208 Australia	Testing chemical and physical
Southern Cross Analytical Research Laboratory	Level 3 T Block and N Block Military Road Southern Cross University LISMORE , NSW , 2480 Australia	Testing chemical and physical

**Products**

**1. Stress Support**

Product Type	Status	Effective Date
Single Medicine Product	Current	1/02/2023

**Permitted Indications**

- Traditionally used in Ayurvedic medicine to rasayan/rejuvenative tonic
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**Indication Requirements**

Product presentation must not imply or refer to mental illnesses, disorders or conditions.

Record Summary

> Evid Based Complement Alternat Med. 2021 Nov 30;2021:8254344. doi: 10.1155/2021/8254344. eCollection 2021.

**Efficacy and Safety of Ashwagandha Root Extract on Cognitive Functions in Healthy, Stressed Adults: A Randomized, Double-Blind, Placebo-Controlled Study**

**Abstract**

**Background:** The global prevalence of stress is increasing. Stress adversely affects cognitive ability, sleep quality, and overall psychological well-being. Ashwagandha (*Withania somnifera* (L.) Dunal), an essential medicine in Ayurveda, is reportedly beneficial in reducing stress and improving memory. This double-blind, randomized, placebo-controlled clinical study evaluated the effect of Ashwagandha root extract sustained-release capsule 300 mg (Prolanza™; hereafter Ashwagandha SR) on cognitive functions, stress levels, sleep quality, overall well-being, and safety in stressed subjects.

**Methods:** Subjects (130 healthy cognitively sound adults [20-55 years, body mass index:18-29 kg/m<sup>2</sup>]) having a Perceived Stress Scale (PSS) score of 14-24 were randomized to receive either Ashwagandha SR or placebo. Subjects took one capsule of Ashwagandha SR or placebo daily for 90 consecutive days. This study was registered on Clinical Trials Registry-India (CTRI) on 13/11/2019 [number: CTRI/2019/11/021990]. The primary endpoint was the change in cognitive function as measured by CANTAB from baseline to the end of the study period (90 ± 7 days). The secondary outcomes included the change in PSS-10 score, serum cortisol level (9-11 am), the OHQ score, the PSQI, and serum BDNF levels.

**Results:** Only 125 completed the study and were evaluated. The Cambridge Neuropsychological Test Automated Battery (CANTAB) reported significantly improved recall memory, and the total error rate in recalling patterns significantly decreased at visit 4 in the Ashwagandha SR group vs. the placebo group (first attempt memory score:12.9 ± 6.7 vs. 10.1 ± 6.3; total errors:17.5 ± 23.3 vs. 27.7 ± 23.6). At visit 4, lower PSS-10 score (13.0 ± 5.0 vs. 18.7 ± 4.6; *p* < .0001), serum cortisol levels (*p*=0.0443), and Pittsburgh Sleep Quality Index (PSQI) score (*p* < .0001) but higher Oxford Happiness Questionnaire (OHQ) scores (*p* < .0001) were seen in Ashwagandha SR vs. the placebo group, suggesting significantly lower stress levels and significantly better psychological well-being and sleep quality in the former. No adverse events were reported.

**Conclusions:** This is the first clinical study assessing Ashwagandha SR for its safety and efficacy. Treatment with one Ashwagandha SR capsule once daily for 90 days improved memory and focus, psychological well-being, and sleep quality, reduced stress levels, and was safe and well-tolerated.



Australian Government

Department of Health and Aged Care  
Therapeutic Goods Administration

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Record Summary



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National Center for Biotechnology Information

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> Front Nutr. 2021 Jan 18;7:606776. doi: 10.3389/fnut.2020.606776. eCollection 2020.

## Protective Effect of Lemon Peel Polyphenols on Oxidative Stress-Induced Damage to Human Keratinocyte HaCaT Cells Through Activation of the Nrf2/HO-1 Signaling Pathway

### Abstract

Lemon peel can be used as traditional Chinese medicine. Flavonoids are the most important components in lemon peel, which can be developed as natural medicine without side effects. This study investigated the protective effect of lemon peel polyphenols (LPP) on human keratinocyte HaCaT cells under oxidative stress. The active components of LPP were determined by high performance liquid chromatography. The abilities of LPP to scavenge DPPH and ABTS+ free radicals were studied for detection of antioxidation *in vitro*. Cell survival rates were determined by MTT assay. The antioxidant enzyme activity and antioxidant index of cells were determined using kit. The mRNA and protein expression of cells were determined by qPCR and western blot. The ability of LPP to scavenge DPPH and ABTS+ free radicals were stronger than those of vitamin C (Vc) at the same concentration. As expected, compared with the normal group of cells, the model group had decreased cell survival, increased lactate dehydrogenase (LDH), decreased levels of superoxide dismutase (SOD), catalase (CAT) and glutathione (GSH), and increased malondialdehyde (MDA) content. qPCR and western blot results indicated that the expression of Bcl-2-related X protein (Bax), caspases-3, erythroid-derived nuclear factor 2-related factor 2 (Nrf2), and heme oxygenase-1 (HO-1) were decreased and the expression of B-cell lymphoma-2 (Bcl-2) was increased in the model group, compared with the normal group. LPP treatment improved cell survival rate, reduced intracellular LDH and MDA levels, increased intracellular SOD, CAT, GSH levels, down-regulated Bax, caspases-3, Nrf2, HO-1 expression, and up-regulated Bcl-2 expression. Component analyses found that LPP contains gallic acid, neochlorogenic acid, (+)-catechin, caffeic acid, (-)-Catechin gallate, isochlorogenic acid A, rosmarinic acid, and protocatechuic acid. LPP was found to regulate the Nrf2/HO-1 signaling pathway through 8 active substances to protect HaCaT cells against oxidative stress *in vitro*.

**Keywords:** HPLC; HaCaT cells; lemon peel; mRNA; polyphenol.

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