

Stress Relief [restores calm]

Temporarily relieves feelings of stress, including:

- o Anxiety
- o Nervousness
- o Mood swings
- o Irritability

Active Ingredients: Agnus 6X, Avena 2X, Cinchona 6X, Humulus 2X, Hyoscyamus 200C, Ignatia 200C, Passiflora 3X, Valeriana 3X. Inactive Ingredients: Glycerin 10% v/v, Organic Alcohol 9% v/v, Purified Water. NDC # 61096-0006-1

The therapeutic benefits of the ingredients described below are from clinical evidence reported in the major homeopathic materia medicas accepted throughout the world.

#### PRODUCT BENEFITS - SYMPTOMS RELIEVED

- o Anxiety  
Ignatia - eases the effects of grief, worry or anxiety  
Passiflora (Passion Flower) - calms the nervous system  
Humulus - calms anxiety
- o Nervousness  
Avena (Oat Straw) - eases exhaustion and nervousness associated with sleeplessness; helps maintain the nutritive balance of the central nervous system  
Passiflora (Passion Flower) - calms the nervous system  
Humulus - helps relieve nervous tremors; calms nervousness  
Hyoscyamus (Henbane) - relieves nervous agitation
- o Mood swings  
Agnus (Chaste Tree) - soothes mild mental depression  
Cinchona - helps alleviate excessive mood swings; helps overcome an impulse to hurt another's feelings; eases a sudden impulse to cry without sufficient reason  
Hyoscyamus (Henbane) - eases sudden mood swings
- o Irritability  
Valeriana (Valerian) - eases over-sensitivity and irritability; calms irritable disposition  
Cinchona - helps overcome an impulse to hurt another's feelings