

Stress Essentials Serenity

Traditional Formula for Herbal
Stress Management*

Stress Essentials Serenity Supplementation

A study by the American Psychological Association revealed that more than 40% of adults said they suffered from chronic stress. Over time, chronic stress may have a significant negative impact on the nervous, cardiovascular, respiratory, digestive, metabolic, and endocrine systems.¹ The core practice of traditional Chinese medicine involves supporting systemic imbalances rather than the treatment of disease.²

Stress Essentials Serenity contains a proprietary blend of herbal extracts found in traditional Chinese medicine. This unique combination of extracts provides potent antioxidants and phenolic compounds known to support against the effects of stress on the body.*³

Supplementing with Stress Essentials Serenity may include these benefits:

- Reducing the effects of the aging process*¹
- Help in supporting cardiovascular health*³
- Promote cognitive performance and brain health*⁴
- Support sleeping habits and patterns*⁵



How Stress Essentials Serenity Works

The herbal extracts in Stress Essentials Serenity are individually recognized in traditional Chinese medicine for their potent antioxidant properties and phenolic compounds.^{6,7,8}

The selected herbal extracts have a high medicinal value in traditional Chinese medicine due to their ability to promote healthy oxidative stress in the body.*¹ Antioxidants also play a critical role in reducing free radical damage, which is at the root of a wide range of ailments.*⁶

Chronic stress can potentially lead to serious conditions with negative impacts on the nervous, cardiovascular, respiratory, digestive, metabolic, and endocrine systems.⁸ Supplementation with Stress Essentials Serenity may help promote a wide range of chemical reactions in these systems due to the identified phenolic compounds and antioxidant properties that work to support stress response.*⁷

How Stress Essentials Serenity Works Continued

Why Use Stress Essentials Serenity?

Research cited herein suggests that the proprietary herbal blend in Stress Essentials Serenity provides phenolic compounds and antioxidant properties to support stress response.*⁵ Clinical research shows that managing the body's stress response is critical for overall health.*[†] Supplementation with Stress Essentials Serenity can help promote antioxidant activity that may support overall health.*⁹

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 90

	Amount Per Serving	%DV
Proprietary Serenity Blend	1,500 mg	*
Rehmannia Extract (root; <i>Rehmannia glutinosa</i>)		
Schisandra Extract (fruit; <i>Schisandra chinensis</i>)		
Wild Jujube Extract (fruit, seeds; <i>Ziziphus jujuba</i> mill. var. <i>spinosa</i>)		
Dong Quai Extract (root; <i>Angelica sinensis</i>)		
Chinese Asparagus Extract (root; <i>Asparagus racemosus</i>)		
Ophiopogon Japonicus Extract (root; <i>Ophiopogon japonicus</i>)		
Scrophularia Extract (root; <i>Scrophularia nodosa</i>)		
Asian Ginseng Extract (stem, leaf; <i>Panax ginseng</i> ; standardized to 7% ginsenosides)		
Red Sage Extract (root; <i>Salvia miltiorrhiza</i>)		
Poria Cocos Extract (body; <i>Poria cocos</i> (Schw.) wolf)		
Polygala Extract (root; <i>Polygala tenuifolia</i>)		
Platycodon Extract (root; <i>Platycodon grandiflorum</i>)		

Other Ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, vegetable magnesium stearate.

Directions: Take two capsules daily or as directed by your healthcare practitioner.

Warning: Do not use if pregnant or nursing.

Caution: If you are taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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7. Zhang, R.-X., Li, M.-X., & Jia, Z.-P. (2008). *Rehmannia glutinosa*: review of botany, chemistry and pharmacology. *Journal of Ethnopharmacology*, 117(2), 199-214.
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9. Wu, S.-J., Ng, L.-T., & Lin, C.-C. (2005). Antioxidant activities of some common ingredients of traditional Chinese medicine, *Angelica sinensis*, *Lycium barbarum*, and *Poria cocos*. *Phytotherapy Research*, 18(12), 1008-1012.

* 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.

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