

STRESS FREE™



Three-Way Botanical Stress Relief

- Provides botanicals and minerals to nourish the nervous system.
- Supplies tonifiers to support adrenal function.
- Contains calmatives to promote general relaxation.

Many of us lead busy and hectic lives, with insufficient opportunity for rest and relaxation. Daily traffic, time clocks and deadlines all detract from what should be a peaceful existence. The high stress levels experienced in our society profoundly affect our well-being, impacting our bodies and health in ways that are continually being revealed by scientific research. Never before in human history has the need to fortify our natural defenses against stress been so high.

Planetary Herbals can help you address the stresses of today's lifestyle with a botanical formula that works in three important ways to fortify your internal systems. STRESS FREE is a unique combination of anxiety-relieving calmatives, nervines to nourish the nervous system, and tonifiers that support healthy adrenal function. Planetary Herbals STRESS FREE brings together the most renowned botanicals from Chinese and Western herbalism to support relaxation and positive adrenal function—so you can deal with external stresses in a healthier manner.



PLANETARY™
HERBALS

Expert Formulations – Exceptional Results

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.

Nothing poses a more insidious threat to our health today than the stress that accompanies our modern lifestyle. When stress hormones are secreted in our bodies the immune system is down-regulated. This leaves us vulnerable to a range of immune dysfunctions.

Fortunately, there are herbs that have been used through the centuries to help the body protect itself from stress. Planetary Herbals offers a combination of these centuries-old, time-tested herbs for your use.

Unique Herbal Formula

Most other stress products work by using herbal relaxants alone, which may make you feel very drowsy. STRESS FREE™, on the other hand, was formulated based on a holistic approach to stress. It enhances and supports your biological system so you are better able to handle stress as it arises. STRESS FREE works in three important ways.

Nervines: STRESS FREE nourishes the nervous system with jujube (zizyphus) and North American skullcap, primary nervines in Chinese and Western traditional herbalism. In addition, it provides calcium, which is integral to nerve transmission and healthy muscle function, and magnesium, which has been shown in modern science to support muscle relaxation.

Tonifiers: STRESS FREE supports adrenal functioning with the adaptogens, American ginseng and Siberian eleuthero root, and the adrenal tonic, licorice. Adaptogens are substances that enhance general adaptive response. These botanicals increase resistance against external stressors, have a balancing effect, and stabilize normal

body functions. Research suggests the mechanism of action of adaptogens may include modulation of the “pituitary-hypothalamus-adrenal axis,” an important part of the neuroendocrine system that is believed to play a primary role in the body’s reactions to stress.

STRESS FREE also contains hawthorn, which belongs to a very special class of herbal tonifiers that promote a centered calmness. Flavonoid-rich hawthorn berries are renowned for their ability to support a calm and steady heart.

Calmatives: STRESS FREE promotes gentle relaxation with calming herbs. Chamomile flower and hops are a powerful relaxing combination, while valerian root has been used since the ninth century for its calming properties and its ability to help support a restful night’s sleep. Additional calming herbs include skullcap and wood betony.

Lifestyle Recommendations

To support stable energy levels and relieve stress, eat nutritious, regularly scheduled meals, go to bed early, and exercise regularly. Genuinely having fun is also key to maintaining a peaceful state of well-being.

Combining Tradition and Modern Science

Like the rest of the Planetary Herbals product line, STRESS FREE exemplifies Planetary’s commitment to herbalism at its best—combining the wisdom of traditional herbalism with the advances of modern science. The result: supplements you can count on to deliver the benefits you are seeking from an herbal product.

*Adhering to the quality control requirements
and codes of ethics of: American Herbal Products
Association, National Nutritional Foods Association*



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.

