



*Presents for your consideration:*

## **Stress X**

- ❑ **A blend of nutrients and amino acids to nutritionally support an increased parasympathetic neurological response**
- ❑ **Support for a balanced healthy emotional expression**
- ❑ **Anti-Stress mood modulating benefits**

### Pyridoxal 5'-phosphate

**(Vitamin B6):** is involved in the metabolism of amino acids and glycogen. It is a coenzyme in the synthesis of nucleic acids, hemoglobin, neurotransmitters (serotonin, dopamine, norepinephrine and gamma-aminobutyric acid) and many other compounds. P 5'-P is a coenzyme for over 100 enzymes, including the transaminases (some liver specific) and decarboxylases. Along with folic acid and Vitamin B12, Vitamin B6 lowers Homocysteine an independent risk factor for atherosclerosis and heart disease.

***Think of Stress X for your burned out, stressed out, emotionally labile patients!***

<b>Stress X</b>	Amounts per serving
Serving size	1 capsule
Number of servings per container	60
Vitamin B6 (Pyridoxal-5-Phosphate)	4.5 mg.
L-Theanine	50 mg
5 HTP	12.5 mg
GABA	25 mg
Inositol	50 mg
Lithium Aspartate	5 mg
Passion Flower	100 mg
Hops	100 mg
Suggested Dose: Take 1-2 capsules per day or as directed by a health care professional.	

**L-Theanine:** is a non-protein amino acid found naturally in Camillia sinensis (Green tea). L-Theanine has mood-modulating activity and modest antioxidant activity. Its effects on mood modulation may be

through direct effects on Gaba receptors or through effects on the metabolism and release of other neurotransmitters, such as dopamine. Another benefit of L-Theanine is its ability to enhance alpha wave activity of the brain. Alpha waves have a mood modulating benefit while maintaining alertness.

### Adverse reactions/Precautions:

There are no known adverse reactions to L-Theanine. However, due to lack of study, it is currently recommended that pregnant and nursing mothers avoid L-Theanine.

**5 HTP:** is the immediate precursor to serotonin and as such it assists the body in serotonin production.

5 HTP helps balance moods.

**GABA (Gamma Amino Butyric Acid):** is an inhibitory amino acid that acts directly as a neurotransmitter. GABA, like L-Theanine has mood modulating activity and anti-stress benefits.

**Inositol:** is also a lipotropic agent. As such it may help protect against increases in total cholesterol and fatty acids in the liver. Inositol favorably supports nervous system health. It seems to have adaptogenic properties, balancing moods and emotions.

**Lithium:** is present in the human diet in ultratrace amounts and is found in some natural mineral waters and colloidal minerals. Fish, processed meat, milk, milk products, eggs, potatoes and vegetables are rich sources of this mineral. It has been suggested that lithium, at low dosage levels, has a generally beneficial effect on human behavior. High prescription doses are often prescribed for its mood stabilizing effects.

Contraindications: none are known for dietary levels of intake of lithium.

**Passion Flower and Hops:** have a long traditional use as botanicals for stress and anxiety relief. They act as calming agents for the nervous system

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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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**Is the logical choice!**