



NATURE'S SUNSHINE

Stress-J

Kosher

Organic

GOOD FOR

Nervous System

Brain

SIZE **100 Capsules**

ITEM # **1084**

SERVING **2-3**

SUPPLY **11-16 days**

DIRECTIONS FOR USE Take 2-3 capsules with a meal three times daily.

— How the Key Ingredients Work

Stress-J brings together time-honored herbs that have been used for generations to help the body find its calm, support a relaxed mood, and keep everyday tension from taking over. Each ingredient plays its own role, and together they work as a gentle, well-rounded formula for the moments when life feels like a little too much.

Passionflower — One of the most studied calming herbs around, passionflower has been compared head-to-head with a prescription anti-anxiety medication in clinical research — and held its own, with fewer side effects. It's long been used to help quiet a busy, restless mind and support a more relaxed, settled feeling throughout the day.

Chamomile — Chamomile is the herb your grandmother probably kept in the cupboard for a reason. Research backs up what tradition has known for centuries: it can help ease feelings of anxiety and support a calmer mood over time. It also has a gentle soothing effect on the stomach, which often tightens up right along with stress.

Hops — Best known as a beer ingredient, hops has a quieter side that herbalists have relied on for a very long time. The dried flower cones carry natural compounds that help support relaxation and restful sleep. Hops also brings meaningful antioxidant support, helping the body handle everyday oxidative wear and tear.

Feverfew — Feverfew is a small daisy-like herb with a big reputation for helping people manage head tension and discomfort. It contains a naturally occurring compound that helps the body keep inflammation in check. For anyone whose stress tends to show up as head pressure or tension, feverfew is a thoughtful addition to this blend.

Fennel — Stress doesn't just live in your head — it often settles right in your gut. Fennel has been used across European, Ayurvedic, and Chinese herbal traditions to ease bloating, cramping, and that uncomfortable gassy feeling that can come with tension and anxiety. Its natural oils help relax the digestive muscles so your belly can settle down too.

Marshmallow Root — Marshmallow root is a gentle, soothing herb with a long history of supporting the body's mucous membranes and digestive lining. When stress aggravates the stomach, marshmallow root's naturally slippery, coating quality helps calm mild irritation. It also brings antioxidant properties and has been used traditionally as a calming, supportive herb for overall wellness.

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