



NATURE'S SUNSHINE

Stress Relief

GOOD FOR

Nervous System

Cardiovascular system

Digestive System

SIZE **100 Capsules**

ITEM # **1863**

SERVING **1**

SUPPLY **33 days**

DIRECTIONS FOR USE Take 1 VegCap with a meal three times daily.

— How the Key Ingredients Work

Stress Relief brings together time-honored botanicals and nourishing mushroom extracts to help your body handle everyday tension more gracefully. Each ingredient was chosen to support a calm, balanced mood, steady energy, and the kind of deep relaxation that lets you feel like yourself again.

Silk Tree (*Albizia julibrissin*) — Known in traditional Chinese medicine as a 'calm the spirit' herb for over 2,000 years, silk tree bark is one of the most studied botanicals for easing anxious feelings. It works with the body's natural calming chemistry to promote relaxation and a more settled, peaceful state of mind.

Polygala Root — A treasured herb in Asian wellness traditions, polygala root has been shown in both animal studies and human trials to support memory, mental clarity, and a calmer mood. It helps protect brain cells from everyday oxidative wear and supports the kind of sharp, focused thinking that stress can sometimes cloud.

Jujube — This sweet, nourishing fruit has been used for centuries to calm the mind and support restful sleep. Rich in vitamin C and protective plant compounds, jujube helps the body defend itself against oxidative stress while traditionally supporting a relaxed, balanced mood and overall vitality.

Ginseng (*Panax ginseng*) — One of the world's most celebrated wellness roots, ginseng has been used for thousands of years to help the body cope with fatigue and stress. Research shows it helps regulate the body's stress response system, supports healthy cortisol balance, and brings a steady, grounded sense of energy without the jitters.

Sweet Flag (*Acorus calamus*) — Sweet flag root has a long history in Ayurvedic and traditional Chinese medicine for calming the nervous system. Preclinical studies and a small human trial suggest it may help ease feelings of anxiety, and its active plant compounds are thought to support the body's natural relaxation pathways.

Oyster Mushroom — One of the most nutritious edible mushrooms in the world, oyster mushroom is packed with ergothioneine — a powerful antioxidant the body actively absorbs into its tissues. It helps defend cells from everyday oxidative stress and supports balanced blood sugar and healthy blood pressure, giving your body a steadier foundation when stress runs high.

Turmeric (*Curcuma longa*) — Turmeric's golden active compound, curcumin, is one of the most researched plant antioxidants available. Multiple human clinical trials confirm it raises the body's own antioxidant defenses, helping to neutralize the cellular wear that chronic stress can accelerate. It also supports a healthy inflammatory response throughout the body.

Ginger (*Zingiber officinale*) — Ginger has been used for over 2,500 years to soothe the body from the inside out. Its key compounds — gingerol and shogaol — are well-documented antioxidants that help the body maintain its natural defenses. Ginger also supports comfortable digestion, which can be one of the first things to suffer when stress levels rise.

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