



NATURE'S SUNSHINE

Stress-J (STR-J)

GOOD FOR

Nervous System

Digestive System

Muscles

SIZE **2 fl oz**

ITEM # **3163**

SERVING **2 mL**

SUPPLY **10 days**

DIRECTIONS FOR USE Take 2 mL (approximately 15-20 drops) in water, 3 times daily.

— How the Key Ingredients Work

Stress-J brings together six time-honored herbs chosen to help your body handle everyday tension, ease digestive discomfort, and support a sense of calm from the inside out. Each ingredient plays its own role, and together they work as a gentle, well-rounded formula for whole-body balance.

Chamomile — One of the world's most beloved calming herbs, chamomile has been used for centuries to quiet a restless mind and soothe an uneasy stomach. Research shows it may help ease feelings of anxiety and support a more relaxed mood, while also helping to calm occasional digestive discomfort and bloating. It also brings natural antioxidant support to help protect your cells from everyday stress.

Passionflower — Passionflower is a traditional herb long used to help take the edge off nervous tension and worry. Clinical studies have found it comparable to certain prescription options for easing anxiety, with a gentler profile. It works gently with the body's own calming pathways, making it a trusted choice when you need to wind down without feeling foggy or slowed down.

Hops — Best known as a brewing ingredient, hops has a long history as a calming herb in its own right. The dried flower cones have been used traditionally to support restful relaxation and ease nervous tension. Hops also delivers a rich supply of plant antioxidants that help defend the body against everyday oxidative stress, rounding out its role in this formula beautifully.

Fennel — Fennel seed is a classic digestive herb used across European, Ayurvedic, and traditional Chinese medicine to help relieve bloating, gas, and abdominal cramping. Its natural essential oils help relax the muscles of the digestive tract, making it a wonderful companion to the other calming herbs in this blend. Fennel also contributes antioxidant plant compounds to the overall formula.

Marshmallow — Marshmallow root has been used for thousands of years — its very name in Greek means 'to heal.' It is especially valued for its ability to coat and soothe the lining of the stomach and digestive tract, helping to ease mild irritation and discomfort. Germany's Commission E has recognized marshmallow root for supporting the gastric lining, and it also brings meaningful antioxidant activity to the blend.

Feverfew — Feverfew is a member of the daisy family with a long history of use in European herbal tradition. It is best known today for its role in supporting comfort and being recognized by the American Headache Society for migraine prevention. Its key active compound, parthenolide, has been studied for its ability to help moderate the body's inflammatory response and support overall comfort and well-being.

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