



# Relieve the Stress!

*Many people feel a great deal of pressure when dealing with day-to-day situations. Whether they are having difficulties with money or problems at home, work, or school, each one can cause both physical and emotional tension. During these times of frustration, it is important to manage your stress levels by getting enough sleep, eating right, and exercising regularly.*

*Stress is something most everyone experiences on a daily basis. Failure to properly deal with your daily tensions could lead to occasional minor headaches, minor back pain, fatigue, and changes in mood. Stress may also interrupt the thinking process and may not allow you to think through decisions as you normally would. During these hectic times, remember to think positive and relax. Standard Process can also offer assistance with a variety of products to help relieve occasional nervous tension.*

**St. John's Wort-IMT™** Today, health care professionals in many parts of the world use St. John's wort to help stabilize mood. Standard Process' St. John's Wort-IMT helps ease irritability and maintain emotional balance. It contains inositol plus ingredients from Min-Tran® to boost its ability to enhance nervous system response to stimuli. Inositol helps increase emotional tranquility and improve one's ability to maintain composure during those times when the nervous system is operating at peak load. Kelp, a rich source of B complex vitamins and iodine, helps support healthy brain tissue as well as the membranes surrounding the brain, spinal cord, and sensory nerves.\*

**Orchex®** Orchex contains a number of natural nutrients taken from the male bovine reproductive gland in a medium called Cytosol™ extracts. The products made with Cytosol™ extracts contain, among other nutrients, specific substances produced in a particular gland, such as acids, enzymes, hormone precursors, etc. The combination of mineral complexes, orchic Cytosol™ extract, and other important nutrients in Orchex works together as a calmate to promote and help maintain balanced function of the central nervous system.\*



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**Min-Chex®** The ingredients found in Min-Chex are specifically combined to induce a natural calming effect via their individual influence on specific parts of the central nervous system. The B complex vitamins found in Min-Chex promote cerebral circulation and help maintain normal chemical levels in the brain. They catalyze the manufacture of certain hormones that regulate brain function. These actions have a calming effect on the nervous system and help moderate reactions to life's daily pressures, maintain emotional balance, promote tranquility, and relieve nervous system health.\*

**Min-Tran®** This vegetarian-based, natural calmate contains mineral complexes of calcium and magnesium from pure-vegetable sources of kelp and alfalfa to promote emotional balance and maintain inner harmony. In addition to other minerals, kelp provides a rich source of iodine. Iodine helps keep both the brain and its surrounding membranous tissues and sensory nerves healthy. The thyroid hormones, comprised in part with iodine, directly affect the maturing and day-to-day well-being of the central nervous system. Calcium and magnesium work together to relieve feelings of agitation and promote an inner atmosphere of serenity. Potassium is essential for nervous system function. It plays an important role in chemical reactions inside cells and helps transmit electro-chemical impulses, which support cognitive ability and stable mood.\*

**Cataplex® G** The complete vitamin B complex is found in two primary products that have complementary actions, Cataplex® G and Cataplex® B. Cataplex G contains different components of the B complex (riboflavin, niacin, pyridoxine, folic acid, biotin, inositol, and choline) that have a calming influence on the metabolic, cardiovascular, and central and peripheral nervous systems. These nutrients serve as building blocks for enzymes, proteins, and neurotransmitters that are supportive of healthy, balanced central nervous system function.\*