

# Relaxation Formula

Natural, Relaxing Formula



## DESCRIPTION

Relaxation Formula is an all-natural approach to facilitate physical and mental relaxation. This is an herbal blend of synergistic herbs known for the calming effect without causing drowsiness.

## FUNCTIONS

In today's fast-paced world, it is paramount for the body and mind to be able to relax and "recharge". Relaxation Formula is formulated to encourage relaxation without causing drowsiness. The synergistic ingredients in this formula work in ways that help the body "let go" of tension and anxiety without causing drowsiness. The primary ingredients in this formula SunTheanine® and Relora® are backed by scientific research and have been shown to be safe and effective without causing drowsiness. SunTheanine® helps counteract feelings of anxiety by supporting normal alpha brain wave activity. Alpha brain waves promote a state of relaxation without causing drowsiness. Relora® has been shown to support healthy levels of the stress hormone cortisol. Healthy cortisol levels reflect a normal, healthy response to stress. Relora® helps control stress related overeating, and associated body weight issues. Magnesium is an important mineral for supporting relaxation, including that of muscles, which are often tense during times of physical and emotional stress. Scullcap, hops and passionflower provide a significant synergistic effect by helping to promote relaxation. Valerian has been shown to promote relaxation as well as a restful sleep.

## INDICATIONS

Relaxation Formula is a non-drowsy alternative for people looking to relax both during and after a variety of stresses.

## SUGGESTED USE

Adults take 2 capsules as needed and 2 capsules at bedtime, or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## FORMULA (WW #10273)

### 2 Capsules Contain:

Magnesium (as citrate, oxide) .....	50 mg
Vitamin B-6 (as pyridoxine HCl) .....	10 mg
L-Theanine .....	25 mg
Oat ( <i>Avena sativa</i> ) straw extract .....	50 mg
Proprietary blend .....	250 mg

*Magnolia officinalis*

*Phellodendron amurense*

Chamomile flower extract ( <i>Matricaria recutita</i> ) (Standardized to contain 1.2% [1.2 mg] Apigenin) 100 mg	
Lemon Balm leaf extract ( <i>Melissa officinalis</i> ).....	100 mg
Valerian root extract ( <i>Valeriana officinalis</i> ) .....	25 mg
Skullcap leaf extract ( <i>Scutellaria lateriflora</i> ) .....	35 mg
Hops strobiles extract ( <i>Humulus lupulus</i> ) .....	15 mg
Passionflower flowering tops .....	25 mg

Other Ingredients: capsules (gelatin and water), cellulose, magnesium stearate, vegetable stearin, and silica.

This product contains NO sugar, salt, dairy, yeast, corn, soy, preservatives, artificial coloring or flavoring.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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