

INGREDIENTS:

Stress is epidemic in the western world. Over two-thirds of office visits to physicians are for stress related illness. It is a major contributing factor, either directly or indirectly, to coronary artery disease, cancer, respiratory disorders, accidental injuries, cirrhosis of the liver and suicide – the six leading causes of death in the United States.

Stress effects the nervous system by increasing the release of adrenaline and other hormonal substances. Over extended periods of time, these substances can tax your body by increasing heart rate, blood pressure, anxiety, depression and many other disorders. Eventually, every system of the body is effected.

The stress epidemic is an extremely costly one. The medical costs alone have been estimated at well over one billion dollars per year in the United States alone and the cost of human misery is incalculable.

Uncontrolled stress can interfere with your personal, intimate and marital relationships. It can diminish your personal creativity and productivity and damage your career. Even though you can't completely eliminate stress, you can manage it.

Life Force has combined a unique blend of herbs that work synergistically to calm the nervous system and help manage the effects of stress on the body. Many of the clinically tested ingredients found in liquid preparation have been shown to maintain mental equilibrium, relax the body and strengthen the nervous and immune systems.

St. John's Wort has a long historical use for nervous disorders. Recently, studies show it to be comparably effective to standard antidepressants while producing fewer side effects².

Coenzyme Q-10 is manufactured by the body and the amount produced declines with age. It nutritionally supports the cardiovascular, immune and nervous systems, helping you manage stress.

Chamomile has calming and soothing properties. For centuries, it has been used to calm nerves and help people sleep.

Passion Flower contains flavonoids that are the primary constituents responsible for its relaxing and anti-anxiety effects⁴.

**PRODUCT SPECIFICATIONS**

PRODUCT NUMBER	LF350
DESCRIPTION	30-day supply
QUANTITY	2 fl oz/57g

TECHNICAL DATA SHEET

Valerian Root contains many different constituents that appear to contribute to the sedating properties of the herb. Central nervous system sedation is regulated by receptors in the brain known as GABA-A receptors. Valerian may weakly bind to these receptors to exert a sedating effect⁵.

Nopal is an excellent source of ascorbic acid and bioflavonoids. Its nutrients are especially well suited for the glandular system.

Skullcap contains properties that are beneficial for the nervous and muscular systems. It helps facilitate rest and sleep⁶.

Lemon Balm has antispasmodic and calming properties.

Other ingredients: Gardenia Jasminoides, Polygala Tenuifolia, Citric Acid, Potassium Benzoate and Glycerin.

SUGGESTED USE:

2 to 4 droppers as needed.

- Keep out of reach of children.
- Pregnant or lactating women should consult a physician prior to using this product.
- Sealed for your protection.
- Do not use if shrink band is broken or missing.
- Satisfaction guaranteed.

REFERENCES

1. Linde K., Ramirez G., Mulrow, C.D., et al. "St. John's Wort for depression: an overview and meta-analysis of randomized clinical trials." *BMJ* 1996; 313:253-258.
2. Murray, M. and Pizzorno, J. *Encyclopedia of Natural Medicine*. Rocklin, CA: Prima Publishing 1991: 145.
3. Meier, B. "*Passiflora incarnata* L. – Passion flower: Portrait of a medicinal plant." *Zeits Phytother* 1995; 16:115-26.
4. Mennini, T., Bernasconi, P., et al. "In vitro study on the interaction of extracts and pure compounds from *Valeriana officinalis* roots with GABA, benzodiazepine and barbiturate receptors." *Fitoterapia* 1993; 64:291-300.
5. Felter, H.W. "The Eclectic Materia Medica." *Pharmacology and Therapeutics*, 1985.

