

# ANTI-STRESS FORMULA

## Enhance Stress Management<sup>◇</sup>



**What makes Anti-Stress Formula more complete than other stress formulas?** Anti-Stress Formula is a comprehensive formula to help control occasional stress.<sup>◇</sup> It contains amino acids such as L-tyrosine and L-phenylalanine that can be converted into the “feel-good” neurotransmitters in the brain, which need extra support under stress. We have combined these compounds with essential B-Complex vitamins, along with botanical extracts of American Ginseng, Eleuthero (formerly known as Siberian Ginseng), Gotu Kola, and Ginkgo Biloba. Other synergistic nutrients like bioflavonoids are included to provide you with much more than just a regular stress formula.

### **Includes Critical Nutrients to Help Control Occasional Stress<sup>◇</sup>**

Increased stress has become a fact of modern life for most people. Alarm clocks, commuter traffic, project deadlines, and conflicts in the workplace have replaced the slower pace of life of several generations ago. Add to this the “fast food” lifestyle, lots of coffee or other caffeine-laden beverages, exposure to city noise, air pollution and “secondhand” (if not firsthand!) smoke, late nights, and early mornings, and it’s no wonder that, as a society, we’re occasionally “stressed out”. On top of this, we now live with political changes, unrest, and uncertainty, which may dramatically increase stress levels for many people.

Under stress, people frequently use one or more of the following to help manage it: nicotine, alcohol, drugs, (prescription and non-prescription), and/or “comfort foods”. Nicotine, alcohol, and drugs increase the body’s need for certain nutrients, in which the average diet is already deficient.

Unfortunately, “comfort foods” usually contain high amounts of sugar, fat, and starch with very little actual nutrition, failing to provide sufficient amounts of critical nutrients such as chromium, magnesium, calcium, zinc, copper, manganese, selenium, and vitamins B, C, and E, which are needed for the body to effectively cope with stress.

Stress tends to drain one’s energy, and as fatigue develops, many people rely on more sugar and caffeine to “get through it”.

Fatigue often leads to decreased physical activity. The combination of physical inactivity and high carbohydrate intake contributes to the current international phenomena of overweight adults and children, with all of the attendant health complications.

The United States National Academy of Sciences tells the public they need to be eating 5 to 9 servings of fresh fruits and vegetables daily to maintain their health. Yet studies show that

fewer than 50% of European households, even in Mediterranean countries, meet this standard, and fewer still in the United States. A study based on 1999 data issued by the U.S. Department of Health and Human Services Centers for Disease Control and Prevention contained the following information in the section on poor nutrition among adults:

- Less than one-fourth of U.S. adults reported eating the recommended amount of fruits and vegetables per day in US government surveys.
- The prevalence of not eating the recommended amounts of fruits and vegetables ranged from 68% in Minnesota to 91% in Arizona. This means that about 9 out of every 10 people in Arizona are not obtaining the recommended nutrients from their diets.

The overall median for all the states in the U.S. implies 76.2% or three out of four Americans surveyed consume

less than the recommended five to nine servings of fruits and vegetables per day. Therefore, their diets do not provide them with valuable phytonutrients including the antioxidants contained in fruits and vegetables. Official dietary data for Europeans shows consumption of fruits and vegetables has been decreasing at a rate of 16% per year. The newest government survey shows consumption of produce is now dropping at an even faster rate.

Many aspects of stress in our modern-day lives are unavoidable. We can, however, change the way we react to and manage stress in our lives. We can exercise more, even if it's just parking our cars farther from our destination or using the stairs rather than escalators and elevators. We can also improve our diets to ensure we receive the nutrients imperative to effectively cope with stress, thereby providing our bodies and minds with the necessary equipment to better handle the occasional stress and frustration that all of us face in our everyday lives. In addition, yoga, tai-chi, meditation, biofeedback and other practices are becoming increasingly more popular as people discover that these ancient "centering" techniques help to calm their minds and energize their bodies.

### **Enhances Energy Levels and Promotes Mental Alertness<sup>◊</sup>**

Anti-Stress Formula has its roots in a formulation developed over 20 years ago by a team of doctors, dentists, and pharmacists with experience in targeted nutrition. It was originally developed as a nutritional support formula to help people get through extremely stressful periods, while breaking unhealthy habits or engaging in other major behavior modification. Subsequently, it became clear that it could be beneficial to a wider range of people who were occasionally having difficulty keeping up with the demands of modern life.

Many people report that Anti-Stress

Formula enhances energy levels, promotes mental concentration and alertness, and helps maintain healthy moods.<sup>◊</sup>

The formula has evolved with the addition of high quality herbal extracts to the basic formulation of vitamins, minerals, and amino acids.

### **Contains Only the Needed Levels of B-Complex Vitamins**

Anti-Stress Formula is intentionally not one of the "high potency" B-complex preparations that are often marketed as "stress formulas". Human requirements (Daily Values) for vitamins that make up the B-complex vary considerably, ranging anywhere from 3 micrograms for vitamin B12 to 18 milligrams (18,000 micrograms) for vitamin B3 in adult males. Therefore, taking equal amounts of each one—as provided in many B-complex supplements—makes little sense. Vitamins B1, B2 and B3 (niacin) are necessary for different aspects of energy production, as is pantothenic acid (B5), which is also needed to activate the adrenal glands. Vitamin B6 is required for amino acid metabolism, and folic acid (vitamin B9) and vitamin B12 are necessary for normal DNA synthesis and cell division. Each of these vitamins has many additional functions as well.

Higher potency B-complex "stress formulas" may stimulate more rapid burning of blood sugar, which initially may provide increased energy, but later on may cause fatigue and sugar cravings because of change in blood sugar levels.

The levels of B-complex in Anti-Stress Formula are well above the Daily Values, which are the minimum amounts necessary to maintain one's health, but far below the levels often found in "high potency stress formulas". The Vitamin B levels found in Anti-Stress Formula are those that experience has shown to optimally facilitate transport and utilization of glucose in the cells.<sup>◊</sup>

### **Supplies Antioxidant Vitamins and Minerals**

Stress causes an increase in secretion of adrenal compounds, such as cortisol and adrenalin, which nature designed for emergency situations, such as escaping from a predator, fighting in a war, or killing an animal for food. These stress-induced compounds, however, drain the body of nutrients and energy necessary for other functions. Today, stress is usually more about freeway hassles and project deadlines that don't have any need for physical "fight or flight". Cortisol, adrenalin, and other compounds produced by the body in response to stress also increase free radical production (oxidative stress). Antioxidants, therefore, in stress management, as nearly everywhere in health protection, have an important role to play.

Many of the B-complex vitamins, particularly niacinamide and folic acid, are potent antioxidants. In addition, ascorbic acid (vitamin C) and tocopherols (vitamin E), are the major water-soluble (C) and fat-soluble (E) antioxidant vitamins, as they are major protectors against oxidative stress, and therefore included in Anti-Stress Formula.

Bioflavonoids are another important nutrient class that has established antioxidant activity, sometimes thought of like a vitamin. They also appear to play key roles in the healthy regulation of cell cycling and cell-signaling pathways. Plant-derived proteolytic enzymes, bromelain and papain, as well as animal-derived pancreatic enzymes are useful in enhancing the absorption of bioflavonoids, as well as other nutrients.

Magnesium is also a crucial mineral for healthy response to stress. Magnesium is a co-factor for copper/zinc SOD, a crucial antioxidant enzyme, in addition to approximately 300 other enzyme types in the body. It is also necessary to activate thiamin (vitamin B1) and pyridoxine (vitamin B6) which in turn enhances entry of magnesium into cells.

## Herbs That May Help Manage Stress

Of the four botanical extracts included in Anti-Stress Formula, eleuthero and American ginseng deserve special attention.

American ginseng (*Panax quinquefolius*) was widely used by many Native American tribes to support health of a wide range of systems, particularly digestive and sexual function. American ginseng contains ginsenosides, which stimulate the immune system and fight fatigue and stress by supporting the adrenal glands and the use of oxygen by exercising muscles.<sup>◊</sup>

Eleuthero (*Eleutherococcus senticosus*) has been used by the people of the Siberian Taiga region for millennia, to increase physical vitality and quality of

life in a physically stressful environment. The constituents in eleuthero that have received the most attention have been named eleutherosides. Seven primary eleutherosides have been identified, with most of the research attention focusing on eleutherosides B and E. Eleuthero also contains complex polysaccharides which play a critical role in eleuthero's ability to support immune function.<sup>◊</sup>

## Includes Amino Acids Necessary for Neurotransmissions Between Brain Cells

Anti-Stress Formula is a great deal more than just a combination of B-complex vitamins. It contains high quality botanical extracts of Gotu kola and Ginkgo biloba, in addition to eleuthero and American ginseng.

To complete the picture we've included free form amino acids that function as neurotransmitters or precursors to neurotransmitters often challenged by stress, (L-tyrosine, L-phenylalanine, and L-glutamine), plus bioflavonoids, vitamins C and E, enzymes to enhance nutrient assimilation, and the proprietary blend of phytonutrients from over 30 food concentrates known as the PhytoZyme<sup>®</sup> Base.

If your life or the life of a loved one is occasionally more stressful than you would like, add Anti-Stress Formula to your other strategies for effective management of occasional stress and frustration, and see what a difference 4 tablets twice a day can make!<sup>◊</sup>

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**Supplement Facts**  
**Serving Size / 4 Tablets**  
**Servings Per Container / 60**

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin C	300 mg 333%	Manganese	2 mg 87%
Vitamin E	60 mg α-TE 400%	Chromium	200 mcg 571%
Thiamin	6 mg 500%	Ginkgo Biloba Leaf Extract	6 mg *
Riboflavin	6 mg 462%	Gotu Kola Aerial Parts	120 mg *
Niacin	70 mg 438%	American Ginseng Root Extract	30 mg *
Vitamin B6	6 mg 353%	Eleuthero Root Extract	30 mg *
Folate	290 mcg DFE 75%	Kelp Whole Plant	30 mg *
Vitamin B12	240 mcg 10000%	Lemon Bioflavonoids	175 mg *
Pantothenic Acid	64 mg 1280%	L-Glutamine	130 mg *
Calcium	280 mg 22%	L-Phenylalanine	300 mg *
Magnesium	73 mg 17%	L-Tyrosine	100 mg *
Zinc	5 mg 45%	Bromelain	45 mg *
Selenium	10 mcg 18%		
Copper	1 mg 111%		

\*Daily Value not established.

INGREDIENTS: Calcium Carbonate, Vitamin C (Ascorbic Acid), L-Phenylalanine, Microcrystalline Cellulose, Lemon Bioflavonoids Whole Fruit, Magnesium Gluconate, L-Glutamine, Magnesium Oxide, Gotu Kola Aerial Parts, L-Tyrosine, Stearic Acid, Vitamin E (D-Alpha-Tocopheryl Acid Succinate; from Soy), Potassium Gluconate, Calcium-D-Pantothenate, Niacin (Nicotinamide), Zinc Gluconate, Bromelain, Magnesium Stearate, PhytoZyme® proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Carrots, Broccoli, Pea, Banana, Cantaloupe, Lima Beans, Mango, Pumpkin, Spinach, Tomato, Cauliflower, Orange, Papaya, Sweet Potato, Asparagus, Beet, Green Bean, Snow Pea, Blueberry, Chili Pepper, Cranberry, Cucumber, Guava, Grapefruit, Kale, Lemon, Maitake Mushroom, Peach, Pineapple, Watercress, and Zucchini), Croscarmellose Sodium, American Ginseng (*Panax quinquefolius* L.) Root Extract, Eleuthero (*Eleutherococcus senticosus* (Rupr. et Maxim.) Maxim.) Root Extract, Kelp (*Ascophyllum nodosum* Le Jol.) Whole Plant, Copper Gluconate, Manganese Sulfate, Ginkgo Biloba Leaf Extract, Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Vitamin B6 (Pyridoxal 5'-phosphate), Silica, Chromium Picolinate, Vitamin B12 (Cyanocobalamin), Calcium L-Methylfolate, and Sodium Selenite.

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WARNING: Phenylketonurics—Contains phenylalanine. Persons taking monoamine oxidase inhibitors (MAOI) should only use this product under the supervision of your physician. As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

Formulated in the exclusive PhytoZyme® base of plant enzymes for bioavailability and over 30 synergistic fruit, vegetable and herbal concentrates for "extra" phytonutrient cofactors.

Allergy Information: This product is processed in the same facility that processes products containing fish, shellfish, soy and dairy.

Not tested on animals.

Suitable for Vegetarians

DIRECTIONS: Take four tablets two times a day.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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