

Natural Stress Relief

30 vegetarian capsules

Item Catalog Number: 00987

It's hard to find a natural antidote to today's overstressed world. The encouraging news is that lemon balm (*Melissa officinalis*), a plant native to the Mediterranean region, has been clinically proven to help with occasional anxiety and sleeplessness. What's more, lemon balm produces these calming effects while also enhancing memory and attention!⁸⁻¹⁰

Cyracos™ lemon balm extract is prepared from special lemon balm chosen for its high concentrations of hydroxycinnamic and rosmarinic acids. These active lemon balm constituents appear to enhance mood by modulating specific nicotinic and muscarinic receptors in the cerebral cortex of the brain.

Aside from relieving everyday stress and sleep problems, the anxiety-relieving properties of this plant extract may also offer smokers relief from the mental stress of quitting, aid in leveling mood swings, and help reduce the emotional hunger associated with dieting (or calorie restriction).

RELAXATION PROMOTING EFFECTS OF L-THEANINE

The Japanese have long known that L-theanine, an amino acid derived from green tea, is a natural relaxant that diminishes stress¹¹—without drowsiness, impaired thought, or other side effects.

L-theanine produces calming effects in the brain in ways that have been compared to meditation, massage, and aromatherapy. L-theanine induces relaxation without causing drowsiness. In fact, studies show that L-theanine enhances the brain's ability to concentrate, learn, and remember. Unlike caffeine, L-theanine increases GABA (gamma-aminobutyric acid), an inhibitory neurotransmitter that not only induces relaxation but also produces a sense of well-being. L-theanine may normalize levels of dopamine, a critical brain hormone that is depleted by various stress factors.

A HOST OF HEALTH-ENHANCING BENEFITS

Research shows that L-theanine has numerous health-enhancing effects, including promoting healthy cognitive function. In studies of neurons in cell culture, L-theanine reversed glutamate- or other neurotoxicant-induced neurotoxicity, a major cause of normal brain aging.^{12,13}

Based on an enormous amount of published data showing the multiple beneficial effects of lemon balm extract and L-theanine, Life Extension has combined these potent but safe nutrients into a new formula called Natural Stress Relief.

Note that the amount of L-theanine in this product is double that of most L-theanine standalone supplements. The reason for this potency increase is reports of greater benefit when at least 200 mg of L-theanine are taken.

Beware of Imitations: The L-theanine used in the Natural Stress Relief is Suntheanine®, the only pure form of L-theanine available worldwide and the only form protected by 40 internationally recognized patents and scientifically proven in clinical studies to be safe and efficacious. Independent laboratory analysis has verified that certain other products on the market claiming to contain "L-theanine" are only half L-theanine, the other half being a different form of theanine known as "D-theanine" which has not been scientifically evaluated in published studies.

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 30

Amount Per Serving

Cyracos™ Lemon Balm (*Melissa officinalis*) Non-GMO

Full Spectrum 100% Extract (leaf)

300 mg

Suntheanine® (L-Theanine)

200 mg

Other ingredients: rice flour, vegetable cellulose, vegetable magnesium stearate.

Contains rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Suntheanine® is a registered trademark of Taiyo International, Inc. Use of Suntheanine® is protected by US Trademark Registration No. 2,548,957.

Cyracos™ is a trademark of the Berkem Group.

Dosage and Use

- Take one capsule once or twice daily (morning and evening) with or without food, or as recommended by a healthcare practitioner.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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