

# Super Stress Support

With B-Complex, Vitamin C & Valerian



Recommended by  
Angie Svoboda, Pharm D.

## DESCRIPTION

Super Stress Support is a sustained-release supplement that provides a full spectrum of B-complex vitamins as well as vitamin C and herbs to help support normal stress response.

## FUNCTIONS

Stress is stimuli from the environment that have specific effects on various biological processes in the body. The body's physiological and emotional response to these stimuli will determine the outcome, or how the stress impacts our health and nutritional status. It is known that stress involves every system and organ in the body, particularly the adrenal glands, nervous system and endocrine system. Stress, whether positive (i.e., exercise) or negative (i.e., death of a loved one), can have a significant impact on a person's health and nutritional status. B-vitamins are needed for the production of hormones involved in the stress response, as well as many other biochemical and physiological processes that involve stress. Your body's requirements for B-vitamins and vitamin C may increase during times of stress. It is important to replenish and or maintain optimal levels of these nutrients so the body can better "handle" stress and limit the potentially damaging physical and emotional effects stress may have on the body. In addition to supporting the stress response, Super Stress Support contains supportive, calming herbs such as valerian, hops and skullcap. The combination of these herbs along with magnesium provides synergistic support to help "calm" the body during stress.

## INDICATIONS

Super Stress Support may be a useful dietary supplement for those who wish to support their health during stressful periods.

## SUGGESTED USE

Adults take 1 tablet daily at mealtime or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## FORMULA (WW #10143)

### 1 Tablet Contains:

Vitamin C (as ascorbic acid).....	600 mg
Thiamin (as thiamine hydrochloride).....	100 mg
Riboflavin.....	100 mg
Niacin (as niacinamide) .....	200 mg
Vitamin B-6 (as pyridoxine HCl).....	100 mg
Folate.....	680 mcg DFE (400 mcg folic acid)
Vitamin B-12 (as cyanocobalamin) .....	100 mcg
Biotin.....	100 mcg
Pantothenic acid (as d-calcium pantothenate).....	200 mg
Choline (from choline bitartrate) .....	40 mg
Magnesium (from magnesium oxide).....	100 mg
Para aminobenzoic acid (PABA) .....	100 mg
Inositol .....	100 mg
Valerian ( <i>Valeriana officinalis</i> ) root powder.....	75 mg
Hops ( <i>Humulus lupulus</i> ) strobiles powder.....	50 mg
Scullcap ( <i>Scutellaria lateriflora</i> ) herb powder .....	50 mg
Other Ingredients: Stearic acid, cellulose, silica, magnesium stearate, alfalfa leaf powder, parsley herb powder, rice bran powder, watercress herb powder.	

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, soy, preservatives, artificial colors or flavors.

## STORAGE

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

References on following page

## REFERENCES

- Balch, P. and J. Balch. Prescription for Nutritional Healing, 3rd Ed. New York: Avery; 2000.
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- Morin CM, Koetter U, Bastien C, et al. Valerian-hops combination and diphenhydramine for treating insomnia: a randomized placebo-controlled clinical trial. *Sleep* 2005;28:1465-71.
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†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.

Manufactured For:

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