

# EüStress

Stress Support Formula\*



## Clinical Applications

- **This product contains vitamin, mineral, and herbal ingredients comprehensive stress support by regulation of the hypothalamic pituitary axis.\***
- **EuStress is an all natural support for managing healthy cortisol function and stress management response in a multi-system manner.\***

## Discussion

EüStress contains comprehensive support to regulate the hypothalamic pituitary adrenal (HPA) axis and the negative impact of imbalanced cortisol. Dysregulation of the HPA axis can have adverse effects ranging from stimulatory brain activity to the impact on rising blood sugars, and from the dysregulation of the immune system to promoting inflammatory cascades. By helping regulate the HPA axis in a multifactorial approach, EuStress supports balance to the physiologically adverse effects of stress. \*

Stress causes many deleterious effects on the body. While the stress response is a survival technique from centuries of constant fight or flight necessities, the system-wide impact of high and continuous stress in modern life is implicated in all-cause chronic disease and inflammation. Thus, it is important to support the way in which the body curbs the negative impact of stress and helps restore balance to physiological function. By addressing both nutritional and herbal mechanisms to ward off the negative impact of stress, EüStress is able to support proper function from brain to body.\*

**Zinc.** While zinc is the second most abundant trace element in the human body, it is most highly concentrated in the brain. Adequate zinc helps prevent ADHD, cognitive difficulties, and mood imbalances. The involvement of zinc in helping regulate brain function and activity is deeply connected to mental and emotional well-being. Low zinc has been associated with depression and anger, specifically. Furthermore, excess stress results in increased excretion of zinc and lower overall body levels. Zinc is a fundamental mineral for managing healthy cognition and mood stability.\*<sup>1,2</sup>

**B Vitamins.** B vitamins are intricately involved in the majority of the body's metabolic processes. Their roles include hormone regulation, energy production, mitochondrial function, and brain chemistry. Multiple studies have shown a correlation with low B vitamin status and depression. B vitamin deficiency is a broadening concern, provided many medications such as metformin and even birth control are associated with their depletion. By regulating and supporting system-wide physiological health, B vitamins play a vital role in managing the stress response.\*<sup>3,4,5</sup>

# Supplement Facts

Serving Size: 2 Veggie Capsules / Servings Per Container: 90

	Amount Per Serving	%DV
Calcium (as Calcium Carbonate)	25mg	2%
Vitamin B1 (as Thiamine Mononitrate)	12mg	1,000%
Vitamin B2 (as Riboflavin)	12mg	923%
Vitamin B3 (as Niacin)	28mg NE	175%
Vitamin B6 (as Pyridoxine HCl)	8mg	471%
Biotin	300mcg	1,000%
Vitamin B5 (as D-Calcium Pantothenate)	16mg	320%
Magnesium (as Magnesium Oxide)	25mg	6%
Zinc (as Zinc Oxide)	25mg	227%
Potassium (as Potassium Gluconate)	4mg	***
<b>Proprietary Blend</b>	<b>831mg</b>	<b>**</b>
Rhodiola Extract ( <i>Rhodiola crenulata</i> )(root), Lutein, Ashwagandha ( <i>Withania somnifera</i> )(root), Chamomile ( <i>Matricaria chamomilla</i> )(flower), GABA, Lemon Balm ( <i>Melissa officinalis</i> )(aerial), Skullcap ( <i>Scutellaria baicalensis</i> )(root), Hawthorn ( <i>Crataegus pinnatifida</i> Bunge), Bacopa ( <i>Bacopa monnieri</i> )(whole herb), Magnolia ( <i>Magnolia officinalis</i> )(bark), Passion Flower ( <i>Passiflora incarnata</i> )(flower), Valerian ( <i>Valeriana officinalis</i> )(root), L-Theanine, Oat Straw ( <i>Avena sativa</i> )(straw), Mucuna Pruriens (seed), St John's Wort ( <i>Hypericum perforatum</i> )(aerial), Hops ( <i>Humulus lupulus</i> )(flower), 5-HTP ( <i>Griffonia simplicifolia</i> )(seed)		

\*\* Daily Value (DV) not established \*\*\* Less than 2% of Daily Value

**Inactive Ingredients:** Cellulose (Vegetable Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.

**Ashwagandha.** Hypothalamic pituitary axis (HPA) dysfunction can result from inappropriate stress response signaling to the adrenal glands. Ashwagandha is beneficial in helping manage the negative symptoms resulting from stress in various ways. While stress is unavoidable, herbs like ashwagandha help the body better manage the impact. For example, ashwagandha is shown to lower inflammation and serves as an analgesic. One critical way in which this herb helps balance the stress response is that it can lower the effects of cortisol, thus resulting in less negative impact from stress. Ashwagandha has been shown to lower symptoms of depression, insomnia, and anxiety by its ability to modulate the sympathetic-adrenal-medullary axes, as well as GABAergic and serotonergic pathways.\*<sup>6,7</sup>

**Formulated to exclude wheat, gluten, corn, yeast, soy, dairy, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.\***

**Gamma-Aminobutyric Acid (GABA).** GABA is the most potent inhibitory, therefore calming, neurotransmitter available to the brain, where nearly 75% of all synapses require GABA for signaling. It also plays a critical role in the gut-brain axis by aiding a vast array of anti-stress response mechanisms: Mood improvements, memory enhancement, and sleep balance are just a few. GABA helps the body process and manage stress. Low levels of GABA are associated with anxiety disorders, low quality sleep, and other deleterious effects of stress.\*<sup>8,9</sup>

**Magnesium.** Magnesium is one of the most ubiquitously utilized minerals in the human body, supporting >300 biochemical reactions. Magnesium has been shown to positively impact the ability to manage stress, especially when combined with B6 (see above). Magnesium plays a key role in the synthesis of melatonin, a powerful anti-inflammatory molecule that enables sleep and opposes the effects of cortisol. The impact of stress can result in accelerated excretion of magnesium, and supplementing the mineral helps restore circadian rhythms for deeper sleep and even relaxes muscles.\*<sup>10,11,12,13</sup>

**Lemon Balm & Chamomile.** Studies show that these two herbs have anti-anxiety effects by lowering nervousness and over-excitability. The name used in the botanical identification of chamomile appropriately describes its ability to relax uterine muscles to relieve premenstrual symptoms. This applies to other muscles for relaxation, tension headaches, and even serves as an anti-inflammatory. In addition to similar benefits, lemon balm has been shown to improve mood and cognitive performance.\*<sup>14,15,16</sup>

**L-Theanine.** A major way in which L-theanine is able to lower anxiety and depression has been shown through its ability to interact with the hippocampus. This is largely thought to be mediated through glutamate receptors. Due to its impact on the hippocampus, it is also implicated in improving task performance and recognition. L-theanine is unique in that it increases alpha wave activity in the brain to enhance deep sleep as well as combat major depressive episodes.\*<sup>17</sup>

Consult with your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

Keep closed in a cool, dry place out of reach of children.

# References

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