

# TRANSITIONS® Anti-Stress Formula

# nutraMetrix Transitions Anti-Stress Formula

## Supplement Facts

Serving Size: 2 tablets  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
L-Theanine	100 mg	*
Rhodiola rosea root extract (1% salidrosides)	150 mg	*
Ashwagandha root standardized extract	450 mg	*
Eleuthero root extract (0.8% eleutherosides)	100 mg	*
Passion flower extract (aerial parts) (3.5% isovitexin)	200 mg	*
Bacopin® (20% bacosides A & B from Bacopa monniera leaf)	150 mg	*

\*Daily Value not established.

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silica and film coat (hypromellose, hydroxypropyl cellulose, titanium dioxide and riboflavin)

### Primary Benefits:

- Promotes relaxation without drowsiness
- Maintains healthy levels of both serotonin and dopamine
- Helps enhance and stabilize mood
- Helps the body adapt to the harmful effects of stress *naturally*
- Decreases anxiety
- Increases mental clarity

### What Makes This product Unique?

No matter how well we eat, how often we exercise, or how hard we try to avoid certain situations, we cannot escape stress. Stress affects all of us. It clouds our mind and compromises our judgment. Stress has negative effects on our bodies, from neck and back pain to headaches, to an overall diminished sense of well being.

Feeding your mind and boosting your energy level can do wonders in your quest to look good, feel good and enjoy life. Transitions™ Anti-Stress Formula promotes relaxation without drowsiness, helps stabilize your mood, and is ideal for any adult individual encountering consistently stressful days or an upcoming stressful event. Transitions™ Anti-Stress Formula reduces stress but doesn't make you sleepy. It is specially designed with Siberian Ginseng and Ashwagandha, which have been shown to boost energy and reduce stress. It may help to improve your cognitive performance by increasing your mental clarity. It helps the body adapt to manage stress naturally. Transitions™ Anti-Stress is perfect for those stressful days or situations that you cannot avoid. In addition to reducing stress, it helps to balance your blood sugar and balance your immune system.

### Frequently Asked Questions

#### What are the contraindications for this supplement?

If you are currently taking warfarin (Coumadin), other anti-platelet/anti-coagulant medications, antihypertensive medications, anti-depressants, Anti-anxiety meds or have an ongoing medical condition, you should consult with your healthcare provider before using this product. Women who are pregnant or nursing should not use this product. This product may decrease the effects of stimulants and caffeine.

#### Is it all-natural?

Some ingredients may be synthetically produced in a laboratory to ensure purity and quality.

#### How does it relax you without making you tired?

The Eleuthero or Siberian Ginseng and the Ashwagandha are natural stimulants. They reduce your stress levels but are not formulated to make you sleepy. Ginseng acts similar to caffeine but doesn't make you jittery and will not make you crash.