

Natural Stress Relief

Promotes a Healthy Response to Stress

Item #00987 • 30 vegetarian capsules

Overstressed? Losing sleep? Left unchecked, the inner turmoil created by these issues can lead to heart palpitations, muscle weakness, headaches, and even increased blood pressure. You need to take action to halt these symptoms immediately.

Fortunately, **Life Extension®** has created **Natural Stress Relief**, a calming formula made with **lemon balm** and **L-theanine**, two ingredients **clinically validated** to help promote sleep and relaxation.¹⁻³

The **Cyracos® lemon balm extract** used in this product is prepared from a special lemon balm chosen for its high concentrations of *hydroxycinnamic* and *rosmarinic acids*. These potent constituents may be **mood enhancers** that *relieve everyday stress and alleviate sleep problems*.¹

L-theanine, an amino acid derived from green tea, is a natural relaxant that has been used by the Japanese for years. Those who have taken L-theanine compare it to a *massage, meditation session, and aromatherapy* rolled into one.²

Based on a tremendous amount of published data, Life Extension® combined these two ingredients with the idea of providing the ultimate calming experience.

BEWARE OF IMITATIONS The L-theanine used in 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" that has not been scientifically evaluated in published studies.

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 registered trademark of Naturex, Inc.

References:

1. *Neuropsychopharmacology*. 2003 Oct;28(10):1871-81.
2. *J Herb Pharmacother*. 2006;6(2):21-30.
3. *Biochem Biophys Res Commun*. 2004 Jul 16;320(1):116-22.

New look outside.
Same quality inside.



The transition to this new look will happen over time.

Each vegetarian capsule contains:

Cyracos® Lemon Balm 300 mg
(*Melissa officinalis* L.) Non-GMO
Full Spectrum 100% Extract (aerial part)
Suntheanine® (L-Theanine) 200 mg
Other ingredients: vegetable cellulose (capsule),
rice flour, L-leucine.

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

Dosage and use

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



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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.