



## STRESS FACTORS

Serving Size 1 capsule  
Servings Per Container 60

Amount Per Serving

Vitamin B6 (pyridoxal 5'-phosphate)	4.5 mg
L-theanine	100 mg
Hops cone ( <i>Humulus lupulus</i> )	85 mg
Passion flower ( <i>Passiflora incarnata</i> )	85 mg
Inositol	50 mg
GABA (gamma amino butyric acid)	25 mg
5HTP (5-hydroxytryptophan)	13 mg
Lithium aspartate	5 mg

OTHER INGREDIENTS: Rice flour, silica,  
cellulose.

SUGGESTED USE: As a dietary supplement,  
take 1-2 capsules per day or as directed  
by your healthcare professional.

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## NATURAL MOOD & EMOTIONAL SUPPORT FORMULA

- A blend of nutrients and amino acids to nutritionally support an increased parasympathetic neurological response
- Support for a balanced healthy emotional expression
- Anti-stress, mood-modulating benefits

**STRESS FACTORS** is an excellent choice for the nutritional support for your burned-out, stressed-out, emotionally labile patients. It is uniquely designed to support an increased parasympathetic neurological response.

**PYRIDOXAL 5'-PHOSPHATE** (Vitamin B6) is involved in the metabolism of amino acids and glycogen and is a coenzyme in the synthesis of nucleic acids and hemoglobin. B6 is a necessary cofactor for DOPA decarboxylase whose activity is responsible for the production of dopamine, epinephrine, and norepinephrine from tyrosine. It also acts as a cofactor for 5HTP decarboxylase which is involved in the synthesis of serotonin from tryptophan. B6 is also closely related to B12 and folate metabolism and therefore supports healthy methylation reactions and a reduction in homocysteine levels. Reduced homocysteine levels are associated with improved cardiovascular and neurological health.

**L-THEANINE** is a non-protein amino acid found naturally in green tea (*Camellia sinensis*). L-theanine has mood-modulating activity and modest antioxidant activity. Its effects on mood modulation may be through direct effects on GABA receptors or through affects on the metabolism and release of other neurotransmitters, such as dopamine. Another benefit of L-theanine is its ability to enhance alpha wave activity of the brain. Alpha waves have a mood-modulating benefit while maintaining alertness.

**GABA** (Gamma amino butyric acid) is an inhibitory amino acid that acts directly as a neurotransmitter. GABA, like L-theanine, has mood-modulating activity and anti-stress benefits.

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## REFERENCES:

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6. Fux M, Levine J, Aviv A, Belmaker RH. Inositol treatment of obsessive-compulsive disorder. *Am J Psychiat*. 1996; 153:1219-1221.
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8. Schrauzer GN, Shrestha KP. Lithium in drinking water and the incidence of crimes, suicides and arrests related to drug addictions. *Biol Trace Elem Res*. 1990; 25:105-113.
9. Reginatto FH et al. Evaluation of anxiolytic activity of spray dried powders of two South Brazilian Passiflora species. *Phytother Res*. 2006 May; 20(5):348-51.

**INOSITOL** is also a lipotropic agent. As such, it may help protect against increases in total cholesterol and fatty acids in the liver. Inositol favorably supports nervous system health. It seems to balance moods and emotions and posses adaptogenic properties.

**LITHIUM** is present in the human diet in ultratrace amounts and is found in some natural mineral waters and colloidal minerals. Fish, processed meat, milk, milk products, eggs, potatoes, and vegetables are rich sources of this mineral. It has been suggested that lithium, at low dosage levels, has a generally beneficial effect on human behavior. High prescription doses are often prescribed for its mood-stabilizing effects.

There is insufficient reliable information about the safety of this product during pregnancy and lactation. Therefore, it is not recommended for pregnant or lactating women.

\*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.

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