

STRESS-FREE

Ashwagandha

ACTIONS

- 1 Reduces stress and anxiety
- 2 Provides calmness and well-being
- 3 Reduces fatigue and supports the nervous system.

EUROPEAN CLAIMS

LEMON BALM contributes to optimal relaxation / supports calmness.

MAGNESIUM contributes to normal psychological function and to a reduction of tiredness and fatigue.

The ashwagandha (*Withania Somnifera*) plant is an adaptogenic herb that helps the body successfully adapt to stressful conditions. The root is the part of the plant that is used predominantly. The state of Rajasthan in India is one of the most suited terrains known to grow the best quality ashwagandha in the world and that is where the ashwagandha used in the Stress-free formulation comes from. The roots of ashwagandha are cultivated organically. Only special or High A-grade root pieces are used for the extraction. Its production does not use any alcohol or chemical solvent.

Cultivated in temperate regions, lemon balm is a plant of the Labiatae family, like mint. Both the European Scientific Cooperative for Phytotherapy (ESCOP) and the European Medicines Agency (EMA) have monographs on *Melissa officinalis* L. folium for traditional use to relieve stress and improve sleep.



Lemon balm leaf from EUROPE

Clinical studies can only be used in non E.U. market countries. For European claims, please see reverse.

Ashwagandha is a well-known adaptogen. Laboratoire PYC has selected a highly concentrated and bioavailable ashwagandha extract.

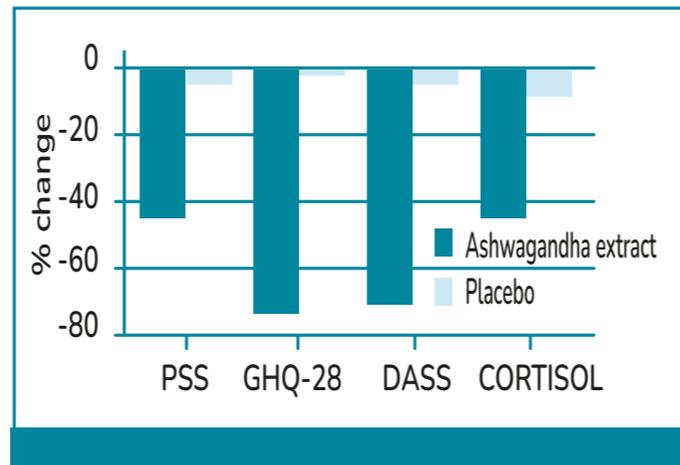
A randomized, double-blind, placebo-controlled, clinical study was carried out on 64 subjects, on 8 weeks, with 300 mg ashwagandha extract twice a day.

The study measured:

- The serum cortisol level
- The perceived stress (perceived stress scale score)
- The DASS score (self-report instrument for measuring depression, anxiety and tension/stress)
- The GHQ-28 score. GHQ-28 is a self-report questionnaire that is used as a screening tool for psychological wellbeing.

Results are below and are significant (p<0.001).

- Cortisol level**
 A statistically significant decrease of 27.9% was observed in serum cortisol level. **-27.9%**
- Perceived stress**
 A 44% reduction in PSS scores from the baseline was noted with ashwagandha. **-44%**
- Depression, anxiety and tension/stress**
 Ashwagandha produced a 71.6% decrease in total DASS scores with a significant result for depression (-77%), anxiety (-75.6%) and stress (-64.2%). **-71.6%**
- GHQ-28**
 Ashwagandha produced a 72.3% decrease in total GHQ-28 scores from the baseline. **-72.3%**



PC02484

ACTIVES	For 1 stick per day (5g)
Ashwagandha dry extract (Withania somnifera (L.) Dunal.)	600 mg
Melissa leaves extract (Melissa officinalis L.)	80 mg
Magnesium (from: magnesium citrate)	56* mg

*15% NRV (Nutrient Reference Values)

Add 5g of powder to 150mL of water. Take one stick per day.

This food supplement is suitable to a vegan diet. However, we do not guarantee the absence of cross contamination with several animal derived products.