

Occasional Stress Takes a Toll on the Body



No matter where occasional stress comes from, the body reacts with the same “fight-or-flight” response. When this happens, hormones are released — and they do not return to normal levels until the stress passes. The healthy management of occasional stress is critical for healthy function and several body systems, which include:¹

- The Digestive System
- Metabolism
- The Cardiovascular System
- The Immune System
- The Integumentary System
- The Musculoskeletal System
- Healthy Sleep
- Emotional Balance

1. <https://www.hsph.harvard.edu/nutritionsource/stress-and-health/>



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Sleep, Stress, & Mood

Changing Lives with Nutrition

Standard Process:

- Is committed to changing lives with a whole food philosophy
- Grows many ingredients on the Standard Process certified organic farm in Wisconsin
- Is serious about quality
- Makes products to support the health of the whole family
- Teams-up with health care professionals
- Has been trusted for generations, with products that have been changing lives since 1929



Recharge, Relax, and Renew





Support **Good** Nights, **Better** Days, and Your **Best** Self

Help Your Body and Mind Unwind

Occasional stress is an unfortunate part of life that can impact the way you feel and your ability to rest. While occasional tension can be normal, nutritional support can help the body respond appropriately. Explore our high-quality, whole food-based supplements that deliver complex nutrients the way nature intended. They support physical and mental well-being so that you can approach each day with enthusiasm.



Drenamin® *Adrenal Function & Emotional Balance**

Promotes healthy adrenal gland function, maintains energy production, and helps maintain emotional balance.*



MediHerb® Kava Forte

*Nervous System, Sleep, &
Relaxation Support**

Contains Kava root extracted with 100% water to promote relaxation and calm the nerves.*



MediHerb® Ashwagandha Forte *A Rejuvenating Tonic**

Contains Ashwagandha root used traditionally as a rejuvenating tonic for stress, immune system, and cognition support.*



MediHerb® Valerian Complex

*Easing Mild Nervous Tension
& Sleeplessness**

A supplement promoting sleep and relaxation that contains Valerian root, Passion Flower, and Jujube seed.*



Explore these products, and many more, at
standardprocess.com/SleepStressMood



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.