

WANT TO DESTRESS NATURALLY?
TRY ADAPTOGENIC HERBS.

6 ADAPTOGENS CLOSE UP

ASHWAGANDHA

stress-relief
cognitive health
energy
anti-inflammatory
anxiety
depression
arthritis
male fertility

HOLY BASIL

stress-relief
anxiety reduction
immune support
brain health

GINSENG

stress-relief
arthritis
digestive disorders
allergies
liver disease
depression

RHODIOLA ROSEA

stress-relief
energy
stamina
strength

SCHISANDRA CHINESIS

improved sleep
weight loss
regulate blood sugar
and hormones

REISHI MUSHROOMS

stress-relief
anti-cancer
cholesterol lowering
blood sugar support
immune support
antioxidant effect
blood pressure lowering

Adaptogens are a class of herbs (and mushrooms) that can balance your brain and hormonal system. Note: adaptogens can interfere with medications and other health conditions. Consult with your health care provider before using adaptogens.

Supplements should be verified by USP, UL, or ConsumerLab.com.