

## Composition of Stress Care protein powder:

### Stress Care enriched with

St. john's wort Extract	500mg
Rose mary Extract	250mg
Ashwagandha Extract	500mg
Licorice root extract	200mg
Ginseng Extract	500mg
Tulsi leaf Extract	500mg
Grape seed Extract	500mg
Noni Fruit extract	500mg
Colostrum	500mg
Ginkgo biloba extract	100mg

#### \* Advantages of Stress Care:

\* **St.john's wort Extract:** St John's Wort is No.1 herbal stress reliever which helps the pituitary gland to break down excess quantities of the the stress hormone norepinephrine. Norepinephrine blocks the production of human growth hormone, which is our personal wonder medicine, produced right by our own bodies to keep us young, healthy, and active.

\* **St John's Wort** thereby works in two different ways to help with stress - firstly, by removing the stress hormone norepinephrine, and secondly, by creating the space for the pituitary gland to produce extremely beneficial hormones which go on to do much more good all through your systems.

- ✧ **Rosemary Extract:** As an anti-stress herb, Rosemary relaxes the muscles in the body and that's one of the most important things in the fight against stress which is always associated with tension. With more relaxation in the muscles, you get better blood flow into the brain and eyes as well, so that's where the mental clarity comes in as well.
  
- ✧ **Ginseng Extract:** Its benefits are: increases resistance to stress, combats mental fatigue, relieves fatigue, depression and anxiety, increases energy, diminishes irritability and lethargy and strengthens the nervous system.
- ✧ **Ashwagandha Extract:** It normalizes adrenal and other bodily functions, increases energy, promotes energy and works as an anti-inflammatory. The anti-inflammatory properties of ashwagandha are vital in times of stress. Excess stress can sometimes cause systemic inflammation.
  
- ✧ **licorice root Extract:** supports the adrenal glands when they are not keeping up with the demands for cortisol in response to stress, associated with chronic fatigue and plays an important role as a temporary supplement to aid in recovery from severe stress and fatigue
  
- ✧ **Noni extract:** Noni helps in cell regeneration and improves overall immune system. It is an effective anti-oxidant, anti-inflammatory, anti-bacterial, anti-viral properties protecting the lung from infections . It rejuvenates and strengthens various organs from oxidative free radicals that harms the body.
  
- ✧ **Ginkgo biloba Extract:** It increases micro vascular blood circulation to the nerves in the brain thereby improves the alertness of the individual in the learning process and

helps to retain and store the memory in the active neurons in the hippocampus and amygdala nucleus.

- \* **Grape Seed Extract:** has powerful anti-oxidant property that prevent nerve damage. Prevents free radical damage to nerves and improves axonal regeneration and myelination.
- \* Enriched with choline, DHA, taurine, methyl cobalamin, L-Glutamic acid, Acetyl carnitine, Acetyl cysteine and all essential minerals and vitamins.
- \* Colostrum contains several immune factors (such as immunoglobulin IgA, IgD, IgE, IgG, and IgM) and specific immunity (antibodies) to diseases caused by bacteria, viruses, yeasts and fungus.
- \* contains powerful antioxidants like tulsii extract, grapeseed extract, lycopene and CoQ10 that fight dangerous free radicals in the brain and provides neuro protection against them.
- \* Has natural vitamins and herbal supplements and hence it has no side effects to the body.
- \* Stress care is useful for Students, Young adults, working individuals with mental fatigue, stress and depression. It is useful for people with sleepless ness during night, and also for oldage patients with dementia and parkinsonism.