



NutriDyn®

# Stress Essentials Serenity

Traditional Formula for Herbal  
Stress Management\*

**PRACTITIONER EXCLUSIVE**

## Stress Essentials Serenity Supplementation

A study by the American Psychological Association revealed that more than 40% of adults said they suffered from chronic stress. Over time, chronic stress may have a significant negative impact on the nervous, cardiovascular, respiratory, digestive, metabolic, and endocrine systems.<sup>1</sup> The core practice of traditional Chinese medicine is in the support of systemic imbalances rather than treatment of disease.<sup>2</sup>

Stress Essentials Serenity contains a proprietary blend of herbal extracts found in traditional Chinese medicine. This unique combination of extracts provides potent antioxidants and phenolic compounds known to support against the effects of stress on the body.<sup>3</sup>

Supplementing with Stress Essentials Serenity may include these benefits:

- Reducing the effects of the aging process<sup>\*1</sup>
- Help in supporting cardiovascular health<sup>\*3</sup>
- Promote cognitive performance and brain health<sup>\*4</sup>
- Support sleeping habits and patterns<sup>\*5</sup>

## How Stress Essentials Serenity Works

The proprietary blend of herbal extracts in Stress Essentials Serenity are individually recognized in traditional Chinese medicine as potent antioxidants and phenolic compounds.<sup>6,7,8</sup>

The selected herbal extracts have a high medicinal value in traditional Chinese medicine due to their ability to promote healthy oxidative stress in the body.<sup>\*1</sup> Antioxidants also play a critical role in reducing free radical damage that is at the root of a wide range of ailments.<sup>\*6</sup>

Chronic stress can potentially lead to serious conditions with negative impacts on the nervous, cardiovascular, respiratory, digestive, metabolic, and endocrine systems.<sup>8</sup> Supplementation with Stress Essentials Serenity may help promote a wide range of chemical reactions in these systems due to the identified phenolic compounds and antioxidant properties that work to support stress response.<sup>\*7</sup>



For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)

## Why Use Stress Essentials Serenity?

Research cited herein suggests that the proprietary herbal blend in Stress Essentials Serenity provides phenolic compounds and antioxidant properties to support stress response.\*<sup>5</sup> Clinical research shows that managing the body's stress response is critical for overall health.\*<sup>†</sup> Supplementation with Stress Essentials Serenity can help promote antioxidant activity that may support overall health.\*<sup>9</sup>

### References:

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5. Takanari, J., Nakahigashi, J., Sato, A., Waki, H., Miyazaki, S., Uebaba, K., & Hisajima, T. (2016). Effect of enzyme-treated asparagus extract (ETAS) on psychological stress in healthy individuals. *Journal of Nutritional Science and Vitaminology*, 62, 198-205.
6. Lee, J.-Y., Hwang, W.-I., & Lim, S.-T. (2004). Antioxidant and anticancer activities of organic extracts from *Platycodon grandiflorum* A. De Candolle roots. *Journal of Ethnopharmacology*, 93(2-3), 409-415.
7. Zhang, R.-X., Li, M.-X., & Jia, Z.-P. (2008). *Rehmannia glutinosa*: review of botany, chemistry and pharmacology. *Journal of Ethnopharmacology*, 117(2), 199-214.
8. Hamidpour, M., Hamidpour, R., Hamidpour, S., & Shahlari, M. (2014). Chemistry, pharmacology, and medicinal property of sage (*Salvia*) to prevent and cure illnesses such as obesity, diabetes, depression, dementia, lupus, autism, heart disease, and cancer. *Journal of Traditional and Complementary Medicine*, 4(2), 82-88.
9. Wu, S.-J., Ng, L.-T., & Lin, C.-C. (2005). Antioxidant activities of some common ingredients of traditional Chinese medicine, *Angelica sinensis*, *Lycium barbarum* and *Poria cocos*. *Phytotherapy Research*, 18(12), 1008-1012.

## Supplement Facts

Form: 180 Capsules

Serving Size: 2 Capsules

Ingredients:	Amount	%DV
Proprietary Serenity Blend	1,500 mg	*
Rehmannia Extract (root; <i>Rehmannia glutinosa</i> )		
Schisandra Extract (fruit; <i>Schisandra chinensis</i> )		
Wild Jujube Extract (fruit, seeds; <i>Ziziphus jujuba</i> mill. var. <i>spinosa</i> )		
Dong Quai Extract (root; <i>Angelica sinensis</i> )		
Chinese Asparagus Extract (root; <i>Asparagus racemosus</i> )		
Ophiopogon Japonicus Extract (root; <i>Ophiopogon japonicus</i> )		
Scrophularia Extract (root; <i>Scrophularia nodosa</i> )		
Asian Ginseng Extract (stem, leaf; <i>Panax ginseng</i> ; standardized to 7% ginsenosides)		
Red Sage Extract (root; <i>Salvia miltiorrhiza</i> )		
Poria Cocos Extract (body; <i>Poria cocos</i> (Schw.) wolf)		
Polygala Extract (root; <i>Polygala tenuifolia</i> )		
Platycodon Extract (root; <i>Platycodon grandiflorum</i> )		

**Other Ingredients:** Hydroxypropyl methylcellulose, microcrystalline cellulose, vegetable magnesium stearate.

**Suggested Use:** Take two capsules daily or as directed by your healthcare practitioner.

**Caution:** If you are taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

**Warning:** Do not use if pregnant or nursing.

\* 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.

