Optimal Stress/Anxiety Relief Pak

A potent combination of all the nutrients needed to combat stress and anxiety, bringing you that much-needed relief.

QUICK FACTS:
• Feel relief in just a few doses.
• Contains amino acids that help stop worrying, racing thoughts, irrational fears, and insomnia.
• Lemon balm, passion flower, and chamomile take the edge off and relax tension.
• Repairs adrenal glands so you can handle anxiety better.
• Increases serotonin and dopamine to improve happiness and a sense of well-being.
• Utilizes probiotics to ease anxiety, curb depression, and elevate mood.
• Magnesium combats symptoms of anxiety, depression, and restlessness.

MORE INFO:
Chronic stress can shorten your lifespan, speed aging, and dramatically increase the risk of disease. Stress and anxiety can cause a nutrient deficiency, and everyone is different. It is also harder to deliver nutrients to a stressed system.

Stress and Anxiety Relief Pak

WHY THIS SUPPLEMENT?
Your doctor has placed you in good hands. Optimal Health Systems cares about patients, too, which is why we create supplements that contain nutrients ONLY from whole foods. Because of this, you won’t have the same concerns as with synthetics. They are lab-tested and have a wealth of evidence to back our claims, along with patents.

WHAT SETS US APART?
There are plenty of whole food supplements out there, but only Optimal Health Systems takes it a step further with its patented pre-digestion process we call Opti-Blend™. It utilizes a combination of 10 kosher-certified, non-GMO enzymes, and patented organic minerals to pre-digest every nutrient before encapsulating. Opti-Blend™ ensures delivery at the cellular level and up to a 300% increase in absorption.

Each packet within the Stress/Anxiety Relief Pak contains:
1 Muscle Rx, 1 Adrena Boost, 1 B Whole Food, 1 Calcium,
2 REM Sleep Formula and 1 FloraPlus.
Also contains the OHS Proprietary Whole Food Cultured Media Blend and Opti-Blend™ Delivery System:
Cultured in a medium of NOP Compliant Yeast & Pea Protein Plant Enzymes; Amylase, Protease blend, Peptizyme, Lipase,
Invertase, Cellulase, Lactase, Maltase, HemiSEB.
Probiotics; L. Plantarum, L. Acidophilus, Bacillus coagulans,
B. Bifidum, B. Lactis, B. Bulgaricus, L. Salivarius, Enterococcus Faecium, Streptococcus Thermophillus.
Fruit/Veggie/Whole Foods; Wild Blueberry, Apples, Cinnamon,
Raspberry, Strawberry, Oat Bran, Red Bell Pepper, Carrot, Wild Bilberry, Tart Cherry, Raspberry Seed, Blackberry, Cranberry,
Concord Grape, Orange, Pomegranate, Watermelon, Black currant, Beet, Broccoli, Cucumber, Okra and Wild Yam.
Recommended Usage: As a dietary supplement, take 1 packet during times of stress or anxiety.

Vegetarian Friendly
Total of 217 Capsules

This product is available at:

*Statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.