

# Stress Relief and Calm Response



## USANA's Mood and Relaxation Support

Everyday life can be demanding. And when left unchecked, moments of mental and emotional stress can make you feel drained. Occasional stress is normal—it's how you manage your stress that can make all the difference.

Take a proactive approach. New **Stress Relief** and **Calm Response** from USANA can help you handle any challenges life may bring.

## Stress Relief

A daily mood-support supplement designed to nurture a healthy emotional response and resilience. It contains highly researched herbal ingredients—ashwagandha, saffron, and lemon balm—known for their use in many traditional products and regarded for their scientifically supported emotional and mental effects.

## Calm Response

A potent, topical balm formulated with high-quality, pure essential oils. This unique blend promotes calm feelings and a centred disposition. And our convenient, easy-to-apply skin stick provides a sense of well-being, wherever you may be.



Learn more about our Mood and Relaxation products by contacting your local, independent USANA Associate or by visiting [USANA.com](https://www.usana.com).

In addition to **Stress Relief** and **Calm Response**, try **USANA CopaPrime+**. A unique blend of nootropics—American ginseng with the InCelligence Cognitive-Support Complex plus a blend of bacopa and coffee-fruit extract—**CopaPrime+** helps power peak mental performance.

### ACTIVE INGREDIENTS

#### Ashwagandha:

An Ayurvedic herb well known for its adaptogenic properties, which can help the body adjust to feelings of mild and occasional stress and nervousness.

#### Saffron:

A spice used to promote calming and help maintain a balanced mood.

#### Lemon balm:

Like saffron, lemon balm has a long history of use for its calming properties.

### KEY INGREDIENTS

#### Lavender:

Well known for its relaxing properties, used to promote restfulness.

#### Ylang Ylang:

Pleasant, floral aroma known to promote calm feelings.

#### Patchouli:

Spicy, earthy scent often used to feel grounded and secure.

#### Ho Wood:

Firm, woody aromatic often associated with fortitude.

#### Bergamot:

Light, citrusy scent used to create an uplifting environment.

Emotional and mental well-being are incredibly important to your overall health. Occasional stress can happen anytime, anywhere. Be prepared for these moments with **Stress Relief** and **Calm Response**. Relax and enjoy life with USANA.