

Directions: As a dietary supplement, take one capsule daily or as directed by a healthcare practitioner.

Bluebonnet's Targeted Choice Stress Relief® Capsules are specially formulated with a unique blend of sustainably harvested or wildcrafted herbal extracts plus the amino acid derivative, L-theanine, to help the body and mind adapt and cope with occasional stressors while promoting an overall sense of relaxation. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.♦

Bluebonnet's KOF-K Certification #K-0000700

Targeted Choice Stress Relief® is a registered trademark of Bluebonnet Nutrition Corp.

WARNING: Do not use this product if you are pregnant, trying to conceive or breastfeeding. If you have a medical condition or are taking prescription medication, particularly cognitive drugs such as MAOIs, consult your physician before use.

Manufactured by
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♦ 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.

Bluebonnet

TARGETED CHOICE® STRESS relief®

Calming
Whole Food-Based
Formula♦



Dietary Supplement
30 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Ashwagandha Root Extract (<i>Withania somnifera</i>)	125 mg	*
L-Theanine (free-form)	125 mg	*
Siberian Eleuthero Root Extract (<i>Eleutherococcus senticosus</i>)	125 mg	*
Passion Flower Whole Herb Powder (<i>Passiflora incarnata</i> L.)	100 mg	*
Rhodiola Rosea Root Extract (<i>Rhodiola rosea</i>)	100 mg	*
Holy Basil Leaf Extract (<i>Ocimum sanctum</i> L.)	75 mg	*
Lemon Balm Extract (<i>Melissa officinalis</i> L.)	50 mg	*

*Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley, rice, sodium and sugar.

