

Nervous System

Helps Combat Occasional Physical and Emotional Stress*

Supplement Facts

Serving Size 1 Packet (5 capsules, 1 tablet)
Servings Per Container 60

Amount per 1 Packet		% Daily Value	Amount per 1 Packet		% Daily Value
Vitamin C (ascorbic acid)	400 mg	444%	<i>somnifera</i>), Alfalfa Aerial Parts (<i>Medicago sativa</i>), Astragalus Root (<i>Astragalus membranaceus</i>), Kelp Leaf & Stem (<i>Ascophyllum nodosum</i> , <i>Laminaria digitata</i>), Reishi Mushroom Mycelium (<i>Ganoderma lucidum</i>), Rosemary Leaf Extract (<i>Rosmarinus officinalis</i>), Ginkgo Leaf Extract (<i>Ginkgo biloba</i>), Broccoli Flowers (<i>Brassica oleracea</i> var. <i>italica</i>), Cabbage Leaf (<i>Brassica oleracea</i> var. <i>capitata</i>), Carrot Root (<i>Daucus carota</i>), Red Beet Root (<i>Beta vulgaris</i>), Rosemary Leaf (<i>Rosmarinus officinalis</i>), Tomato Fruit (<i>Solanum lycopersicum</i>), Turmeric Rhizome (<i>Curcuma longa</i>), Grapefruit Bioflavonoid Extract, Hesperidin Bioflavonoid Extract, Orange Bioflavonoid Extract		
Thiamin (vitamin B ₁ , mononitrate)	20 mg	1667%			
Riboflavin (vitamin B ₂)	20 mg	1538%			
Niacin (niacinamide)	40 mg	250%			
Vitamin B ₆ (pyridoxine hydrochloride)	20 mg	1176%			
Folate	208 mcg DFE (125 mcg folic acid)	52%			
Vitamin B ₁₂ (cyanocobalamin)	34 mcg	1417%			
Biotin	100 mcg	333%			
Pantothenic Acid (d-calcium pantothenate)	80 mg	1600%			
Choline (bitartrate)	13 mg	2%			
Chromium (amino acid chelate)	40 mcg	114%			
Stress-J Proprietary Blend	680 mg	†	Nerve Eight® Proprietary Blend	425 mg	†
Passionflower Aerial Parts (<i>Passiflora incarnata</i>), Fennel Seeds (<i>Foeniculum vulgare</i>), Feverfew Aerial Parts (<i>Tanacetum parthenium</i>), Hops Flowers (<i>Humulus lupulus</i>), Chamomile Flowers Extract (<i>Matricaria recutita</i>), Marshmallow Root Extract (<i>Althaea officinalis</i>)			Capsicum Fruit (<i>Capsicum annuum</i>), White Willow Bark (<i>Salix alba</i>), Hops Flowers (<i>Humulus lupulus</i>), Valerian Root (<i>Valeriana officinalis</i>), Wood Betony Aerial Parts (<i>Betonica officinalis</i>), Ginger Rhizome (<i>Zingiber officinale</i>), Devil's Claw Root (<i>Harpagophytum procumbens</i>), Black Cohosh Root and Rhizome Extract (<i>Cimicifuga racemosa</i>)		
AdaptaMax® Proprietary Blend	800 mg	†	Nutri-Calm® Proprietary Blend	140 mg	†
Korean Ginseng Root Extract (<i>Panax ginseng</i>), Rhodiola Root Extract (<i>Rhodiola rosea</i>), Eleuthero Root (<i>Eleutherococcus senticosus</i>), Gynostemma Whole Plant Extract (<i>Gynostemma pentaphyllum</i>), Schisandra Fruit (<i>Schisandra chinensis</i>), Suma Bark (<i>Pfaffia paniculata</i>), Ashwagandha Root (<i>Withania</i>			Schisandra Fruit (<i>Schisandra chinensis</i>), Inositol, Bee Pollen, Para-Aminobenzoic Acid (PABA), Lemon Bioflavonoid Extract, Hops Flowers Extract (<i>Humulus lupulus</i>), Passionflower Flower Extract (<i>Passiflora incarnate</i>), Valerian Root Extract (<i>Valeriana officinalis</i>)		
			†Daily Value not established.		

Other Ingredients: Capsule (gelatin, water), cellulose, dicalcium phosphate, stearic acid, silicon dioxide, magnesium stearate (vegetable).

Each packet in this 30 day program contains 2 Stress-J capsules, 2 AdaptaMax capsules, 1 Nerve Eight capsule and 1 Nutri-Calm tablet.

RECOMMENDATION: Take one packet in the morning with breakfast, and one packet in the evening with a meal. Follow this pattern for 30 days.

Notice: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

This carton was sealed for your protection. Do not use if seal is missing or damaged. Nature's Sunshine uses natural source materials that are subject to color variation.

NATURE'S SUNSHINE PRODUCTS, INC.

Spanish Fork, Utah 84660

1-800-223-8225 www.naturessunshine.com

Product of U.S.A.

Stock No. 5384

Both the voluntary (i.e. perception, memory, movement) and autonomic (i.e. heartbeat, digestion, breathing) functions of the nervous system are affected by our environment, the foods we eat, our medication and our stress level. A continually stressed nervous system may result in anxiety, fatigue and the inability to quickly “bounce back” from a stressful situation. The ingredients in this 30 day **Nervous System** program are formulated to help the body cope with environmental stress factors, and better manage the stresses of daily life.*

**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.*



Nervous System

Helps Combat Occasional Physical and Emotional Stress*

DIETARY SUPPLEMENT - 30 DAY PROGRAM

60 PACKETS - (300 Capsules, 60 Tablets)

Stress-J: Contains a powerful blend of calmativ herbs known to help support proper nervous system function. This unique formula promotes relaxation and well-being.*

AdaptaMax: Is a combination of adaptagenic herbs that help the body combat and adapt to stressful situations, including stress on the immune system, fatigue and stress-related aging.*

Nerve Eight: Is a combination of eight herbs that help support proper nervous system function, reduce cellular stress, promote sleep, and provide digestive support.*

Nutri-Calm: Provides B-complex vitamins, antioxidants and other essential nutrients that support and calm the nervous system, and encourage restful sleep.*