

CALMING HERBAL FORMULA*

Ex-Stress® is a calming herbal blend made up of traditional herbs like lemon balm, hops, and valerian.* At Nature's Way®, we believe nature knows best. That's why our mission is to seek out the best herbs the earth has to give. We will go to any continent or country to bring you the purest botanicals possible. It's not just our way, it's Nature's Way.™

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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



✱ PREMIUM BLEND ✱

EX-STRESS®

CALMING
HERBAL FORMULA*



100 VEGAN CAPSULES | 890 MG per Serving

DIETARY SUPPLEMENT

Recommendation: Take 2 capsules daily, preferably with food. **Warning:** Do not use if you are pregnant, nursing, or have a liver disorder. Consult a healthcare professional before use if you are taking sedatives, tranquilizers, or any medications. Avoid alcohol, and do not drive or operate machinery while taking this product. Discontinue use and consult a healthcare professional if you develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice.

Supplement Facts

Serving Size 2 Capsules

Servings per Container 50

Amount per Serving	% DV
Ex-Stress® Blend	890 mg**
Lemon Balm (leaf), Wood Betony (stem, leaf, flower) Black Cohosh (root), Hops (flower), Valerian (root), Cayenne Pepper (fruit)	

**Daily Value (DV) not established.

Other ingredients: plant-derived capsule (hypromellose)

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

GLUTEN FREE. No sugar, salt, yeast, wheat, corn, soy, dairy products, or artificial colors, flavors, or preservatives.

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Questions? 1-800-9NATURE / naturesway.com

