

USAGE: Take 2 capsules 30 minutes before bedtime or as directed by your qualified healthcare professional. Two capsules may be emptied into a cup of boiling hot water to make tea.

WARNING: Do not drive or operate machinery after taking this supplement. Do not take with alcohol, benzodiazepines, anti-depressants or pain medications.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Jarrow Formulas® Stress Defense™ is designed to assist in relaxation, stress reduction and restful sleep.* Research shows that stress affects brain function, compromises immune response and raises cortisol production.*

GABA is an inhibitory neurotransmitter that occurs naturally in the brain. L-Theanine is an amino acid found in green tea. Both nutrients have a calming effect.*

Keep out of the reach of children.

* 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.

05313STRESS PROD # 114072



Distributed Exclusively by:
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Jarrow
FORMULAS®

A Combination of Herbs and Phytonutrients

Stress Defense™

Supports Relaxation and Stress Reduction*

60 DIETARY
CAPSULES SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

	Amount Per Serving	% DV
Passion Flower (flower and stem) (<i>Passiflora incarnate</i>)	300 mg	*
Skullcap (root) (<i>Scutellaria baicalensis</i>)	200 mg	*
Hops (flower) (<i>Humulus lupulus</i>)	140 mg	*
California Poppy (whole plant) (<i>Eschscholzia californica</i>) extract	140 mg	*
L-Theanine (5-N-ethylglutamine) (Suntheanine®)	100 mg	*
Wild Jujube Extract (seed) (<i>Zizyphus Spinosa</i> , Suan Zao Ren)	100 mg	*
Gamma-aminobutyric Acid (GABA) (PharmaGABA™)	50 mg	*

* Daily Value not established.

Other Ingredient: Magnesium stearate (vegetable source). Capsule consists of gelatin.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Lot #. Best Used Before: