

Nervous System

RECOMMENDED USE: Take the contents of one Nervous System packet with breakfast, and one packet with your evening meal. Follow this pattern for 30 days.

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.

NERVOUS SYSTEM PACKET

Supplement Facts

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

	Amount Per 1 Packet	%Daily Value
Vitamin C (ascorbic acid)	400 mg	444%
Thiamin (vitamin B ₁ , mononitrate)	20 mg	1667%
Riboflavin (vitamin B ₂)	20 mg	1539%
Niacin (niacinamide)	40 mg	250%
Vitamin B ₆ (pyridoxine hydrochloride)	20 mg	1176%
Folate	206 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	580 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>)		
AdaptaMax [®] Proprietary Blend	800 mg	†
Korean Ginseng Root Extract (<i>Panax ginseng</i>), Rhodiola Root Extract		

(*Rhodiola rosea*), Eleuthero Root (*Eleutherococcus senticosus*), Gynostemma Whole Plant Extract (*Gynostemma pentaphyllum*), Schisandra Fruit (*Schisandra chinensis*), Suma Bark (*Ptelea paniculata*), Ashwagandha Root (*Withania somnifera*), Alfalfa Aerial Parts (*Medicago sativa*), Astragalus Root (*Astragalus membranaceus*), Kelp Leaf & Stem (*Ascophyllum nodosum*, *Laminaria digitata*), Reishi Mushroom Mycelium (*Ganoderma lucidum*), Rosemary Leaf Extract (*Rosmarinus officinalis*), Ginkgo Leaf Extract (*Ginkgo biloba*), Broccoli Flowers (*Brassica oleracea* var. *italica*), Cabbage Leaf (*Brassica oleracea* var. *capitata*), Carrot Root (*Daucus carota*), Red Beet Root (*Beta vulgaris*), Rosemary Leaf (*Rosmarinus officinalis*), Tomato Fruit (*Solanum lycopersicum*), Turmeric Rhizome (*Curcuma longa*), Grapefruit Bioflavonoid Extract, Hesperidin Bioflavonoid Extract, Orange Bioflavonoid Extract

Nerve Eight[®] Proprietary Blend 425 mg †
Capsicum Fruit (*Capsicum annuum*), White Willow Bark (*Salix alba*), Hops Flowers (*Humulus lupulus*), Valerian Root (*Valeriana officinalis*), Wood Betony Aerial Parts (*Retonica officinalis*), Ginger Rhizome (*Zingiber officinalis*), Devil's Claw Root (*Harpagophytum procumbens*), Black Cohosh Root and Rhizome Extract (*Cimicifuga racemosa*)

Nutri-Calm[®] Proprietary Blend 140 mg †
Schisandra Fruit (*Schisandra chinensis*), Inositol, Bee Pollen, Para-Aminobenzoic Acid (PABA), Lemon Bioflavonoid Extract, Hops Flowers Extract (*Humulus lupulus*), Passionflower Flower Extract (*Passiflora incarnata*), Valerian Root Extract (*Valeriana officinalis*)

†Daily Value not established.
Other Ingredients: Capsule (gelatin, water), cellulose, dicalcium phosphate, stearic acid, silicon dioxide, vegetable magnesium stearate.

Stock # 5384
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STRESS-J

Contains a powerful blend of calmatve herbs traditionally used to help support proper nervous system function. This unique formula promotes relaxation and well-being.*

ADAPTAMAX

A combination of adaptogenic herbs known in folk medicine to help the body combat and adapt to stressful situations. This can include stress on the immune system.*

NERVE EIGHT

These eight herbs have been relied on traditionally to support proper nervous system function, promote sleep, and provide digestive support.*

NUTRI-CALM

Provides B-complex vitamins, antioxidants, and herbs traditionally used to support and calm the nervous system.*

MAXIMIZE THE BENEFITS

- Eat a healthy and balanced diet
- Increase your physical activity
- Drink plenty of water throughout the day



NATURE'S
SUNSHINE™



HERBAL EXPERTS *since* 1972



Nervous System

HELPS COMBAT OCCASIONAL EMOTIONAL STRESS*

60 PACKETS
300 Capsules, 60 Tablets

30 DAY
PROGRAM



NERVOUS SYSTEM SUPPORT*

Our environment, diet, medicines and stress can affect the many functions of the nervous system, including memory, movement, heartbeat, digestion, and more. An over-stressed nervous system may result in occasional anxiety or fatigue.*

This 30-day program can help the body cope with environmental stress factors to help you "bounce back" from the occasional stresses in life.*

CONTENTS

Nervous System Packet

- 2 Stress-J capsules
- 2 AdaptaMax capsules
- 1 Nerve Eight capsule
- 1 Nutri-Calm tablet

*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.

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DIETARY SUPPLEMENT