

 *Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®*



Ex-Stress® is a calming blend with valerian, hops and four other traditional herbs.

Caution: Do not use if you are pregnant, nursing or have a history of liver disorder. If taking prescription drugs, consult your healthcare professional prior to use. Do not drive or operate machinery while using this product, as drowsiness may result.

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Ex-Stress® formula is carefully tested and produced to certified quality standards.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.

Actual Capsule Size

(BLK8301B)
LNS0.801



PREMIUM

**Nature's
Way**

FORMULA

Ex-Stress®

Synergistic Blend



**CALMING
TONIC**

100 Capsules / **Certified 445 mg**

DIETARY SUPPLEMENT

Recommendation: Take 2 capsules once daily, preferably with food.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 50

Amount Per Serving	% Daily Value	
Total Carbohydrate	<1 g	<1%†
Proprietary blend	890 mg	**
Lemon Balm (leaf)		
Wood Betony (stem, leaf, flower)		
Black Cohosh (root)		
Hops (flower)		
Valerian (root)		
Cayenne Pepper (fruit)		

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: Gelatin (capsule)

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