

Made with natural, purity-tested ingredients and NO artificial preservatives, colors, flavors or sweeteners.

Integrative Science
Naturally Effective
Stress Support



EcoGuard® Bottle

100% Recycled & 100% Recyclable
Keeping millions of bottles from
our landfills & oceans

To open, press along perforation.

Non-Drowsy



Zen Therapy™

Formerly 3-Way Stress Management™

Naturally Effective

Promotes calm and relaxation*

Supports nervous system response*

Vegan | Gluten-Free

90 Tablets | Dietary Supplement

Zen Therapy™ is a naturally effective integrative health therapy formulated to deliver a powerful combination of clinically researched ingredients, balanced for complete care. Designed to:

- **Promote calm and relaxation** with a traditional blend of soothing valerian and California poppy, plus nutrients to replenish and support a healthy response to stress*
- **Support nervous system response** featuring a powerful combination of eleuthero and schisandra, to help the body adapt to stressors, with added high-potency B-Complex to promote nervous system health.*

Side benefits not side effects: Restore total-body wellness, safe for everyday use and gentle on the stomach.

Feel the difference guarantee

Vegan. Contains NO: gluten, wheat, milk, tree nuts, peanuts, eggs, fish, shellfish.

KEEP OUT OF REACH OF CHILDREN. Consult your health care professional prior to use if you are pregnant, nursing, taking medication or have a medical condition.

* 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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Formulated & Distributed by
RAINBOW LIGHT NUTRITIONAL SYSTEMS®

Sanita Cruz, CA 95060 ©2014 800.571.4701 www.rainbowlight.com

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin C (as Magnesium Ascorbate)	300 mg	500%
Vitamin B-1 (as Thiamin Mononitrate)	45 mg	3,000%
Riboflavin (Vitamin B-2)	45 mg	2,647%
Niacin (as Niacinamide)	45 mg	225%
Vitamin B-6 (as Pyridoxine HCl)	45 mg	2,250%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	250 mcg	4,167%
Biotin	300 mcg	100%
Vitamin B-5 (as Calcium Pantothenate)	300 mg	3,000%
Calcium (as Carbonate)	100 mg	10%
Magnesium (as Oxide, Ascorbate)	200 mg	50%
Potassium (as Citrate)	99 mg	3%
Choline (as Bitartrate)	45 mg	*
Inositol	45 mg	*
Stress Managing Herbal Blend	360 mg	*
(equivalent to 1,920 mg of herbal powder)		
Eleuthero [root]		
8:1 Extract	80 mg	*
Eleutherosides	0.64 mg	*
Valerian [root]		
4:1 Extract	60 mg	*
Valerenic Acid	0.48 mg	*
California Poppy [herb] 5:1 Extract	160 mg	*
Schisandra [fruit] 4:1 Extract	60 mg	*
Digestive Support Complex	276 mg	*
Organic Spirulina	200 mg	*
Tangerine [peel] 4:1 Extract	40 mg	*
(equivalent to 160 mg of herbal powder)		
Betaine HCl	30 mg	*
Bergamot [fruit] Oil	6 mg	*

* Daily Value (DV) not established.

Other Ingredients (natural mineral or vegetable source): cellulose, stearic acid, modified cellulose, silica.
Coating: Vegetable food glaze (contains soy).

SUGGESTED USAGE: Take 1-3 tablets at the first signs of stress. Preferably taken with meals.