

Stress-Defy® - Finding calm in a world of constant stress can seem an impossible task at times. Yet, "stress-management" is essential to your mental, emotional and physical well-being. That's why we developed Stress-Defy® - to help counter the effects of occasional stress.* This formula is specially designed to create a healthy stress response by promoting relaxation of the body and mind.*

■ **Relax Your Body:** Rhodiola has been used traditionally as an adaptogenic botanical that may enhance your body's resistance to stress.* Skullcap is traditionally used by herbalists for temporary relief of nervousness.*

■ **Calm Your Mind:** L-Theanine is a soothing nutrient that supports a relaxed yet alert state of mind without sedation.* GABA enhances a relaxed mind and Ginkgo is prized for its ability to promote mental functioning.*

■ **Replenish Stress-Fighting Reserves:** A combination of essential vitamins, minerals and special botanicals helps to support your central nervous system when you need it the most.*

This comprehensive formula supplies targeted nutrients to help you thrive under times of stress.*

What makes us different:

■ **Liquid Soft-Gels** - The nutrients in these easy-to-swallow Liquid Soft-Gels are released fast. Other forms of delivery can contain binders and fillers that may cause stomach upset and offer no nutritional value. *Advanced Liquid Soft-Gels provide an optimum delivery system.*

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Quality Assurance - Irwin Naturals® is committed to providing the highest level of quality products for your health. We employ compliance testing to ensure purity and potency.

Global Responsibility - Over the years we have donated to organizations that support the environment and the health of our children.

Patented BioPerine® - BioPerine® "enhances" the bioavailability, absorption and potency of many nutrients.*

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

QUESTIONS: Call Consumer Affairs 1-800-297-3273

Weekdays 8:00 AM to 5:00 PM (PST)

Questions@IrwinNaturals.com

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Stress-Defy®

Balanced • Relaxed • Calm®

Stressful Day Neutralizer®



Promotes Calmness, plus
Emotional & Mental Clarity
During Times of Stress.*

84 LIQUID SOFT-GELS
DIETARY SUPPLEMENT

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take two (2) Liquid Soft-Gels twice a day with meals and a full glass of water.

Supplement Facts

Serving Size: 2 Liquid Soft-Gels

Servings per Container: 42

	Amount per Serving	% Daily Value
Thiamin (as Thiamine Mononitrate)	26 mg	1733%
Riboflavin	26 mg	1529%
Vitamin B6 (as Pyridoxine Hydrochloride)	50 mg	2500%
Calcium (as Calcium Citrate)	19 mg	2%
Magnesium (as Magnesium Citrate)	13 mg	3%
Flaxseed Oil	1096 mg	†
Skullcap extract (20% baicalin)(herb)	200 mg	†
Holy Basil extract (2% ursolic acid)(herb)	126 mg	†
Ginkgo extract (24% flavone glycosides, 6% terpene lactones)(leaf)	100 mg	†
L-Theanine	100 mg	†
Rhodiola (<i>Rhodiola rosea</i>) extract (3% rosavins)(root)	100 mg	†
GABA (Gamma Amino Butyric Acid)	100 mg	†
BioPerine Complex	6 mg	†
BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		

† Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, beeswax, soy lecithin, maltodextrin, titanium dioxide, silicon dioxide, turmeric and sodium copper chlorophyllin.

Contains: Soy

® BIOPERINE® is a registered trademark of Sabinsa Corporation.

No preservatives added

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
Irwin Naturals® 5310 Beethoven Street • Los Angeles, CA 90066
www.IrwinNaturals.com

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