



## ViaZen Stress Spec Sheet

FOR HEALTH PROFESSIONALS

### Presentation

90 capsules

### Anticipated results

- The medicinal ingredients synergy of ViaZen Stress relieves quickly and effectively stress discomforts.
- Better stress resistance
- Optimization of global health: physical, mental and psychological.



### Secondary anticipated results

- Peace of mind
- Return of a healthy weight
- Joy of living

### Who needs ViaZen Stress?

ViaZen Stress offers an efficient "ANTI-STRESS" solution to anybody undergoing a daily stress and who is affected by discomforts which result from it.

### Clinical symptoms of stress

#### Physical discomforts

- Appetite disorders
- Breathing disorders
- Digestive disorders
- Dizziness
- Headaches
- Important perspiration
- Insomnia
- Muscular tensions
- Repetitive infections
- Tiredness
- Tremor
- Weight gain

#### Emotional and mental discomforts

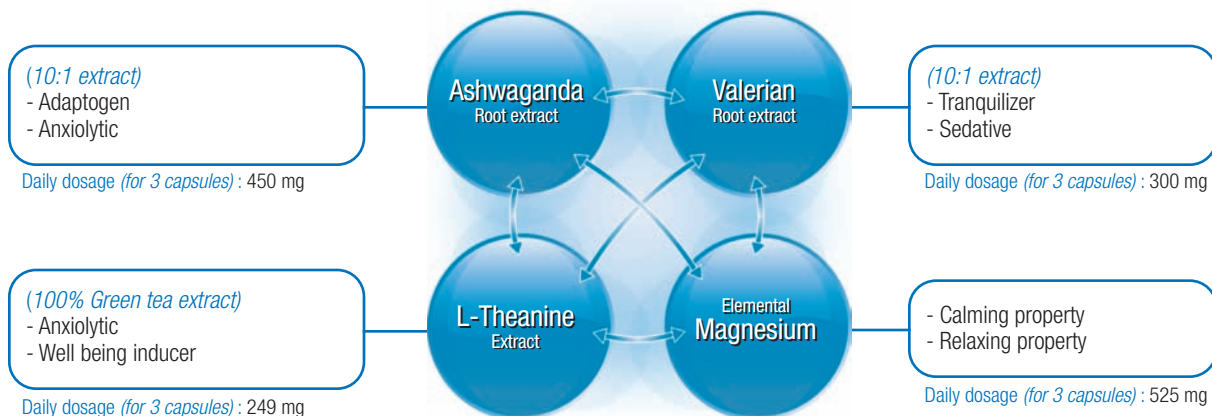
- Anxiety
- Drop of libido
- Depression
- Concentration disorders
- Weak self-esteem
- Difficulty to take decision
- Worry
- Irritability
- Melancholy
- Nervousness
- Memory loss

#### Behavioral discomforts

- Absenteeism
- Tobacco, caffeine, sugar, alcohol, and drugs craving
- Disorganization
- Demanding situations avoidance
- Negativism
- Tendency to stay alone

### ViaZen Stress, a powerful synergy of 4 active medicinal ingredients

The ingredients' synergy of ViaZen Stress is the key of the effectiveness of this SUPERIOR FORMULA.



## Non-medicinal ingredients

Microcrystalline cellulose, vegetable magnesium stearate, gelatine. Viazen Stress is free of wheat, soya, corn, yeast, peanut, gluten, egg and dairy products. It does not contain preservatives, sweeteners, colouring agents, artificial flavours and is exempt of GMO.

## Recommended use

Viazen Stress will be taken on a regular basis at the daily dosage of 1 capsule 3 times a day with food, during the entire stress period. The benefits will appear after a few days, but the optimal results will be observable after about three weeks of treatment. When used on a long period, Viazen Stress will contribute to reduce the risk of developing health disorders having the chronic stress as causal agent.

## Action mechanisms

The powerful stress response deactivation of Viazen Stress is associated to the high concentrations of the standardized plant extracts.

**Ashwagandha** has anxiolytic, sedative, hypotensive, immunomodulant, anti-inflammatory and antioxidant effects. As an adaptogen, this plant has the capacity to optimize the physiologic adaptation in the presence of stress. The withanolides are the main components responsible of this therapeutical activity.

Clinical researches showed that monoamine oxidase and GABA levels are increased in the circulation in presence of Ashwagandha, whereas glutamic acid and 5-hydroxytryptophane levels are decreased. The scientific literature also emphasizes that the anxiolytic effect of ashwagandha would be due to GABA-like properties.

**Valerian** extract will rather generate sedative and hypnotic effects, associated with an improvement of the drowsiness and quality of the sleep. Moreover, this plant contributes to stop the nervous tensions because of its spasmolytic properties.

Several components of the valerian extract increase the concentration of GABA in the synaptic site, probably by stimulating the release of the GABA and by the inhibition of its uptake.

The **L-theanine** is an amino acid extracted from green tea. It contributes to increase the production of dopamine, serotonin and GABA at the cerebral level, generating a feeling of wellbeing, mood modulation and anxiolytic properties. This amino acid also supports the production of the alpha cerebral waves, which are associated to a relaxation state and a reduction of the anxiety.

**Magnesium** contributes to generate a calming and alkalizing effects and a relaxation state at the muscular level. Moreover, it supports the nervous and the adrenal glands functions, as well as the activation of several enzymes implicated in the physiological reactions of acute and chronic stress. Since the energy demand is more important during a stress period, magnesium will also optimize the energy production.

Finally, the anti-aging (antioxidant) properties of ashwagandha, recognized by the Ayurvedic medicine, will help to manage the oxidative stress, and thus, slow down the aging process.

## Cautions

Consumption of this product with alcohol, other medications or natural health products with sedative properties is not recommended. Consult a health care practitioner if symptoms persist or worsen or prior to use if you are pregnant or breastfeeding.

## Known adverse reactions

Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness within 2 hours of consumption.

## References

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