

# ViaZen

## ViaZen Stress Spec Sheet FOR HEALTH PROFESSIONALS

### Presentation

90 capsules

### Anticipated results

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



### Secondary anticipated results

- Peace of mind.
- Return to healthy weight.
- Zest for life.

### 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.

### Table 1: 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
- Concentration disorders
- Drop of libido
- Depression
- Difficulty to take decision
- Irritability
- Melancholy
- Memory loss
- Nervousness
- Weak self-esteem
- Worry

#### Behavioural discomforts

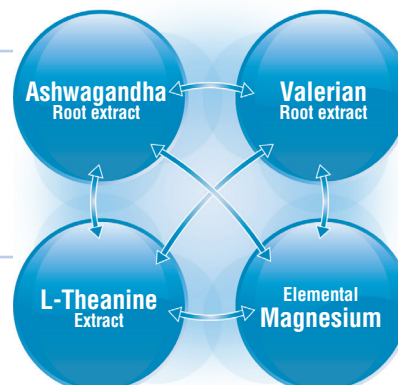
- Absenteeism
- Tobacco, caffeine, sugar, alcohol, and drugs craving
- Disorganization
- Demanding situations avoidance
- Negativism
- Tendency to stay alone

### 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.

Daily dosage (for 3 capsules): 450 mg

- (10:1 extract)
- Adaptogen
  - Anxiolytic



Daily dosage (for 3 capsules): 300 mg

- (10:1 extract)
- Calming
  - Sedative

Daily dosage (for 3 capsules): 249 mg

- (100% Green tea extract)
- Anxiolytic
  - Wellbeing inducer

Daily dosage (for 3 capsules): 525 mg

- Calming property
- Relaxing property

# ViaZen

## Non-medicinal ingredients

Microcrystalline cellulose, vegetable magnesium stearate, gelatin. ViaZen Stress is free of wheat, soya, corn, yeast, peanuts, 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

ViaZen Stress helps relieve stress symptoms and increase resistance to stress thanks to the combination and high concentration of standardized plant extracts, that work by deactivating the excessive reactions of the body in response to stress.

More specifically, **ashwagandha** which produces an anxiolytic, sedative, hypotensive effect. It is also an immunomodulator, anti-inflammatory and antioxidant. This plant is qualified as an adaptogen, because all these properties which allow it to optimize physiological adaptation in the presence of stress. The constituents responsible for the therapeutic activity of this plant are called withanolides.

Clinical research has shown that the levels of monoamine oxidase and GABA in circulation are increased under the effect of ashwagandha while the levels glutamic acid and 5-hydroxytryptophan are reduced. Scientific literature also points out that the anxiolytic effect of ashwagandha is due to GABA-like properties.

**Valerian** root will rather generate a sedative and hypnotic effect, associated with a improvement in falling asleep and quality of sleep, often disturbed by presence of stress. As a result, deep and restful sleep as well as anxiety reduction. In addition, it helps relieve nervous tension thanks to its spasmolytic properties.

Several components present in Valerian extracts have been shown to have effects on the mechanisms involving GABA within the central nervous system, at the level of pre-synaptic and post-synaptic sites. Valerian extracts would also increase GABA concentrations in the synaptic cleft, probably by stimulating the release of GABA and by inhibiting its re-uptake.

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 brain waves, which are associated to a relaxation state and a reduction of the anxiety.

**Magnesium** contributes to generating 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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