

# Don't Let Stress Be Your Master

Stress is ubiquitous. Those who claim they do not experience stress may need help defining it. Stress can be caused by something as simple as a long to-do list or something as complex as medical complications or business trouble. Stress can last for just a couple of minutes, but can sometimes take years to resolve. And sometimes, there is no resolution.

## UNDERSTANDING STRESS

Stress is a fact of life. The human body is wired to react to stress. This reaction is what helps a person take appropriate steps to resolve stressful situations. Stress only becomes a problem when it is excessive, when the stress reaction is disproportionately greater than the situation demands, or when the cause of stress is unrelenting. Stress causes the over- and under-production of many different hormones, as well as the increase or decrease of various physiological functions. When the body is in fight-or-flight mode too often, it stresses the body. Stress has been identified as a significant cause of many illnesses. Excessive stress can impair and impede regular life. And yet, it is part of regular life.

## FINDING HELP, NATURALLY

There are many substances available to help manage the effects of stress. However, many are sedative. They may effectively reduce the production of stress hormones, but will also inhibit the ability to act when necessary, which would be imperative in a stressful situation. Through a combination of specific vitamins and a blend of herbs, the StressMaster™ formula can support relaxation without sedation.

Even those occurrences that are not officially stressful may contribute to the overall stressed-out feeling. And different things will affect different people differently. It's not stress itself in question, but how the stress is dealt with. A person can react effectively and recover easily from stress. Some people do so naturally while others need some help from nature. Stress was meant to be part of life and StressMaster™ can provide the tools necessary to deal with stress. Embrace your reality. You can handle it.



## NATURAL & SUPPORTIVE

A healthy and robust response to occasional stress requires a multifaceted approach. StressMaster™ from Advanced Nutrition by Zahler is a supportive nutritional supplement combining natural ingredients to help you stay calm. This potent blend of ingredients has far-reaching effects, since by relieving stress, it enables a person to focus on what has to get done. Stress can then become a manageable condition in which desired results are achieved without collateral damage.

## A POTENT FORMULA

StressMaster™ contains Vitamins A, C, E and Folic Acid. It also contains Valerian Root Powder, Passionflower, Hops Strobiles Powder, L-Theanine and others which help support relaxation, mitigating the effects of cortisol and adrenaline. Other herbs, like Skullcap Root Powder, are antioxidants to cleanse the body. Rhodiola Root Extract, Eleuthero Root Powder, Licorice Root Powder and more help boost energy levels and overall health. And GABA, which may assist in the production of serotonin, is an important neurotransmitter.



HOPS FLOWER



LICORICE ROOT



VALERIAN ROOT



PASSIONFLOWER

## SYMPTOMS OF STRESS MAY INCLUDE

- Nervousness
- Mood swings
- Heart palpitations
- Indigestion
- Nausea
- Tensing of muscles
- Shortness of breath
- Lack of concentration
- Tingling in the face, hands and feet



Advanced science in each and every bottle



Using only the purest natural ingredients



Manufactured to the highest standards

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