



StressArrest™

GABA + B Vitamins



STRESS/MOOD*



StressArrest™ is uniquely formulated to support healthy stress responses, neurotransmitter function, balanced mood, and mental and adrenal health.* Each 1-capsule serving delivers targeted amounts of gamma-aminobutyric acid (GABA), glycine, and vitamins B6, B5, and B3.* Stress may influence a person's well-being, mood, behavior, and overall health. Prolonged stress may considerably affect a person's physical and mental health and may increase the body's need for certain nutrients. Moreover, coping mechanisms, such as alcohol consumption or smoking, during heightened stress may further deepen the depletion of supportive nutrients. StressArrest™ is designed to support individuals who experience stress.*

StressArrest™ delivers GABA, a principal neurotransmitter in the brain and central nervous system that is involved in a calming response to stress.* GABA supports relaxation

by promoting the parasympathetic nervous system, also known as the "rest and digest" state. When the "rest and digest" state is turned on, it turns off the "fight or flight" feelings of agitation or stress induced by the sympathetic nervous system. GABA may help support balanced moods and a healthy response to stressful situations.*

Glycine is an amino acid known for its calming and relaxing properties.* Glycine may also support memory and sleep quality, benefiting a balanced mood and stress response.* Yet, taking glycine during the day does not cause unwanted drowsiness.* B vitamins are crucial for mental health and function.* Vitamins B3 and B6 are required for synthesizing neurotransmitters and supporting nerve health to help facilitate balanced moods and healthy stress responses.* Vitamin B5 is important for the optimal function and support of the adrenal glands; this is crucial for managing the body's response to stress.*

Benefits*

- Supports healthy stress responses
- Supports mental health and balanced mood
- Supports adrenal glands
- Supports neurotransmitter function

Recommended Use

Take 1 capsule per day with a meal or as directed by your health-care practitioner.

Highlights

- Provides 300 mg of GABA per serving
- Contains 200 mg of glycine per serving
- Provides targeted amounts of vitamin B3 (as niacinamide), vitamin B6 (as pyridoxine hydrochloric acid [HCl]), and vitamin B5 (as D-calcium pantothenate) to support healthy stress responses and mental health*
- Gluten-free, dairy-free, and soy-free
- Non-GMO

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To contact Designs for Health, please call us at (860) 623-6314 or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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*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.