



Naturemedies UK, EU & USA. A brand of E-Macro Initiatives  
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# Naturemedies Ashwagandha StressRel Complex

A SYNERGISTIC COMBINATION OF POTENT HERBAL ADAPTOGENS,  
 NUTRIENTS AND NEUTRACEUTICALS

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Naturemedies Ashwagandha StressRel Complex is a synergistic combination of herbs, roots, reishi mushroom and vitamins, formulated to combat stress and adrenal fatigue, while also supporting the immune system, energy levels, mental performance and a general sense of calm, focus and vitality.

The adrenal glands produce hormones that underpin the body's mechanisms for coping with physical and mental stress. Overtraining in athletes, chronic anxiety, worry, nervous tension and other factors associated with excessive cortisol release are linked to adrenal exhaustion and fatigue. Over-reliance on caffeine and other stimulants also taxes the adrenals.

With potent adaptogens, this food supplement helps to balance hormones, allowing users to better manage their stress response on a day to day basis. These clever herbs help the body adapt to what it needs and regulate the system up or down, as required in the moment. The nature of adaptogenic herbs is to help a person "adapt" to their environment, as well as to normalise and regulate the body's functioning.

It combines important nutrients and nutraceuticals that support hormonal and adrenal health. Pantothenic acid, for example, is involved in the synthesis and release of adrenal hormones.

Panax Ginseng also has an extensive history of use for the promotion of alertness and vitality, as well as countering fatigue, while Rhodiola is another powerful and fast-acting adaptogenic herb. It has been used traditionally to contribute to normal blood circulation, which in turn is associated with cognitive performance and reactivity.

Ashwagandha Botanical Complex works best when combined with adequate rest and sound nutrition, and offers excellent support for those who wish to put their body back in balance, restore immunity and reinvigorate their energy levels to combat life's daily physical and mental stresses.

#### # Approved EFSA health claims:

Vitamin B3 (niacin) contributes to normal psychological function, normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal mucous membranes, the maintenance of normal skin and the reduction of tiredness and fatigue.

Vitamin B5 (pantothenic acid) contributes to normal energy-yielding metabolism, normal mental performance, normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters, and the reduction of tiredness and fatigue.

Vitamin B6 (pyridoxine) contributes to the normal function of the immune system, the regulation of hormonal activity, normal cysteine synthesis, normal energy-yielding metabolism, normal homocysteine metabolism, normal protein and glycogen metabolism and the reduction of tiredness and fatigue.

Vitamin B12 (cyanocobalamin) contributes to normal energy-yielding metabolism, normal functioning of the nervous system, normal homocysteine metabolism, normal psychological function, normal red blood cell formation, normal function of the immune system, the reduction of tiredness and fatigue and it has a role in the process of cell division.

#### About the ingredients

**Ashwagandha root:** Ashwagandha, one of the most powerful herbs in Ayurvedic healing, has been used since ancient times for a wide variety of conditions, and is most well-known for its restorative benefits. In Sanskrit, ashwagandha means "the smell of a horse", indicating that the herb imparts

the vigour and strength of a stallion, and has traditionally been prescribed to help people strengthen their immune system after an illness. Ashwagandha is frequently referred to as "Indian ginseng" because of its rejuvenating properties, even though botanically, ginseng and Ashwagandha are unrelated. Traditionally, it has been prescribed as a nerve tonic and adaptogen - an agent which helps the body adapt to various emotional and physical stressors. It is a highly effective remedy to help reduce stress and anxiety, by lowering cortisol levels and mimicking the inhibitory neurotransmitter GABA. It has classically been used in India for nearly 5,000 years for conditions such as failure to thrive in children, weakness and debility in old age, rheumatism, constipation, insomnia, nervous conditions, stress, goiter, joint inflammation, parasites, hormone balance and more. A paste is also often made from ashwagandha root powder and applied topically to treat boils, ulcers, and other skin irritations and infections. Belonging to the same nightshade family as the tomato, ashwagandha is a plump shrub with oval leaves and yellow flowers. It bears red fruit about the size of a raisin. This adaptogenic herb is native to the dry regions of India, northern Africa, and the Middle East, and today is also grown in more mild climates, including the United States.

**Astragalus root:** Astragalus belongs to a special class of herbs known as adaptogens, which have unique effects that work to bring the body and mind into greater balance, depending on what is needed, thereby helping to reduce stress and promote energy and vitality. For over 2,000 years, it has been one of the 50 elite Chinese tonic herbs that are most frequently used in the Traditional Chinese Medicine pharmacopeia, due to its remarkable ability to restore health on virtually every level - mentally, emotionally, physically, energetically and spiritually. It is one of the few herbs mentioned in multiple ancient Chinese medical texts as a "Heaven Class" premier herbal medicine for restoring health and rejuvenating the body and mind at the deepest levels. Widely referred to as "the ancient herb of longevity and strength", a number of studies have shown that certain compounds in Astragalus root have measurable telomerase-stimulating and enhancing effects, which have been linked to increased longevity, anti-aging and DNA repair. Astragalus has also become notable over the years for its powerful immune-boosting properties - studies have shown that regular use of Astragalus root leads to an increase in disease-fighting immune antibodies, stimulation of T-cells (which are powerful immune-regulating white blood cells) and an increase in levels of the anti-viral compound Interferon.

**Panax ginseng:** Panax ginseng is the botanical cousin of Siberian ginseng. It is a rich source of phyto-oestrogen and the biologically active ingredients are called eleutherosides, supporting the recuperative power of the body. As such, it is traditionally used for supporting overall health and well-being, to strengthen the immune system and to help fight off stress and disease.

**Maca root:** The maca plant belongs to the brassica (mustard) family and, like broccoli and cauliflower, is a cruciferous vegetable. It grows in the mineral-rich mountains of the Andes at an elevation of about 12,000 to 14,000 feet. It is found in Peruvian provinces such as Junin and Pasco, where it thrives in extreme weather conditions that include powerful winds, bitter cold and harsh sunlight. Maca is a tuber, which means that under the ground, the plant stores its rich nutrients in a bulb shaped like a radish or turnip. It is rich in vitamins C and A, as well as B2, B6 and niacin. The hardy root is also packed with minerals, including iron, zinc, iodine, calcium, copper, magnesium and potassium.

Maca is also rich in beneficial plant sterols that are biochemically related to hormones such as oestrogen, testosterone and progesterone. And it contains healthy fatty acids, which are beneficial for the heart and help stabilise blood glucose levels and reduce inflammation. As well as being noted for its benefits for colonic health and energy levels, maca root (in particular) is one of the rare plants that can be classified as an 'herbal

adaptogen'. This means it can directly change the balance of your hormones to help you adapt to stress and illness.

Your endocrine (hormone) system is in the front line when it comes to handling the effects of stress on your body. If you're under chronic stress or suffer from anxiety, the adaptogenic effects of maca can help to reduce some of that load. Unlike HRT or drugs like antidepressants, maca helps tone the HPA axis to support the body's own production of numerous hormones, increasing or decreasing their levels according to what you individually need. This reduces the unhealthy knock-on effects that stress and anxiety have on your cardiovascular, respiratory, lymphatic, reproductive and nervous systems. As a result, maca helps prevent you from getting stuck in the adrenal exhaustion stage

#### About the ingredients cont

**Liquorice root:** One of the top herbs for adrenal exhaustion, liquorice contains glycyrrhizic acid, which inhibits cortisol breakdown, thereby helping to restore normal levels of this hormone. The herb also boosts levels of dehydroepiandrosterone (DHEA), another stress-fighting hormone.

**Glycyrrhizin** - the main active ingredient in liquorice - gives it its distinctive sweet taste. It also has anti-inflammatory, anti-viral and anti-allergic properties. It is soothing to peptic ulcers and can assist with kidney complaints. It stimulates two steroids, cortisone and aldosterone (which help to reduce inflammation). Glycyrrhizin inhibits liver cell injury caused by many chemicals and is used in the treatment of chronic hepatitis, hepatitis B and cirrhosis in Japan. It also inhibits the growth of several DNA and RNA viruses, inactivating herpes simplex virus particles irreversibly.

**Rhodiola rosea:** Rhodiola rosea, also known as golden root, rose root, or arctic root, is a medicinal plant from Siberia that does well in dry and cold arctic climates. This herb is an adaptogen, a remedy that helps your body cope with stress, in part by protecting the brain and enhancing resilience. A recent study by British researchers found that taking rhodiola reduced feelings of stress after just three days, with benefits continuing during the four-week study. The medicinal compounds of rhodiola rosea come from the root of the plant and have been used to help treat occasional stress, anxiety, mental and physical fatigue, and depressed mood. This herb has been shown to stimulate serotonin, norepinephrine and dopamine activity; the proper balance of these neurotransmitters is believed to be involved in healthy emotional and neurological functioning.

**Reishi mushroom:** With the Japanese name Reishi or Mannetake (10,000 year mushroom), the Chinese name Ling Zhi (spirit mushroom - mushroom of spritual potency), this mushroom is also referred to as the 'mushroom of immortality' of Chinese legend because it has been linked to anti-ageing and longevity, as well as detoxification, anti-inflammatory actions, energy boosting, immunity and more. Reishi is rich in active polysaccharides, as well as triterpenoid compounds (primarily ganoderic and lucidenic acids).

**Schisandra chinensis:** Schisandra has long been used in the traditional medicines of China and Russia for a wide variety of ailments, including; respiratory disease, asthma, insomnia, kidney problems and diarrhoea. Also classed as a herbal adaptogen, hunters and athletes would use this bright red berry to combat fatigue under physical stress and to increase endurance. It can help to fortify and strengthen the body, enhancing resistance to disease and stress. Chinese folklore says that Schisandra can "calm the heart and quiet the spirit", and has been used since the dawn of Chinese civilisation as a tonic herb.

**Vitamin B3 (niacin):** Niacin, also known as nicotinic acid, is an organic compound and a form of vitamin B3 - an essential human nutrient. It contributes to normal psychological function, normal energy-yielding

metabolism, normal functioning of the nervous system, the maintenance of normal mucous membranes, the maintenance of normal skin and the reduction of tiredness and fatigue.

**Vitamin B5 (pantothenic acid):** PA contributes to normal energy-yielding metabolism, normal mental performance, normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters, and the reduction of tiredness and fatigue. It is also involved in the synthesis and release of adrenal hormones.

**Black pepper:** Black pepper is the fruit of the black pepper plant from the Piperaceae family. Piperine is the alkaloid within black pepper that is responsible for its pungency. It increases thermogenic activity in the body - the way of developing cellular energy - and this results in an increase in the metabolic rate. Black pepper is also a very good anti-inflammatory agent.

**Gotu kola:** This herb is also known as Brahmi - one of the highest states of consciousness (Brahmi or God consciousness) - and has been considered one of the most powerful brain tonics in the Ayurvedic apothecary. Gotu kola can help to relieve symptoms of anxiety, improve memory / cognitive function and boost circulation. It is also known as the "ancient herb of enlightenment and longevity".

**Turmeric:** Turmeric is perhaps most commonly associated with its anti-inflammatory actions. Studies have shown that curcumin, a compound in turmeric, may reduce inflammation in the body. Its other potential benefits include fighting the effects of oxidation (antioxidant activity), better cell signalling, more stable blood sugar and fat levels, and improved brain levels of the omega 3 fatty acid called DHA (docosahexaenoic acid).

The anti-inflammatory and antioxidant effects of curcumin have also been associated with improved regulation of blood pressure and decreased risk of several types of cardiovascular disease. However, while once only focussed on the anti-inflammatory benefits, studies on turmeric intake now also include its potential for offering detoxification support and improving cognitive function, blood sugar balance and kidney function, as well as lessening the degree of severity associated with certain forms of arthritis and certain digestive disorders. Turmeric includes three different curcuminoids: curcumin, bisdemethoxycurcumin and demethoxycurcumin. It also contains volatile oils like tumerone, atlantone and zingiberone. These different substances are all associated with their own unique health benefits.

**Vitamin B6 (pyridoxine):** Vitamin B6 contributes to the normal function of the immune system, the regulation of hormonal activity, normal cysteine synthesis, normal energy-yielding metabolism, normal homocysteine metabolism, normal protein and glycogen metabolism and the reduction of tiredness and fatigue.

**Vitamin B12 (cyanocobalamin):** Vitamin B12 contributes to normal energy-yielding metabolism, normal functioning of the nervous system, normal homocysteine metabolism, normal psychological function, normal red blood cell formation, normal function of the immune system, the reduction of tiredness and fatigue and it has a role in the process of cell division.

#### Usage:

Take 1 capsule, 1 to 3 times per day or as required.



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