



**HK Distributor :**  
**Holistic Solutions Limited (尚盈方有限公司)**

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## Stress Relief

**Naturally relaxes and calms**



Price : HK\$560.00



### Nutritional Information

| Ingredients                                    | Per 8g Serve | Per 100g      |
|--|--------------|---------------|
| Energy   | 36kj         | 444kj         |
| Protein  | 0.1g         | 1.8g          |
| Fat, total<br>- saturated                      | 0.1g<br>0.0g | 0.8g<br>0.4g  |
| Carbohydrate<br>- sugars (naturally occurring) | 2.1g<br>0.5g | 26.5g<br>6.2g |
| Sodium   | 1mg          | 10mg          |

### Naturally relaxes and calms

Perfect for helping your body and nervous system cope through times of stress and anxiety. Stress affects your hormones, digestion and immune system. Stress Relief may help boost the nervous system and release the hormones that provide you with a sense of calm and well-being. Can help fight mental fatigue and calm the nervous system so great for anxiety and depression.

### Why you'll love it:

- *Packed with a mixture of nutrient-dense superfoods, essential antioxidants, vitamins and minerals specifically chosen to assist in relieving stress and anxiety and with restorative properties to aid and tonify the adrenal glands to help calm your mind, support your body and assist with energy*
- *can help fight mental fatigue, depression and anxiety*

We use a combination of certified organic and organically-grown ingredients.

### Ingredients:

Organic Hibiscus, Organic Chamomile Flower, Organic Passion Flower, Lemon Balm, Inulin, Organic Siberian Ginseng, Organic Monk Fruit, Organic Cinnamon



### **NO!**

- NO!** Synthetic chemicals
- NO!** Artificial colours, flavours or preservatives
- NO!** Sugar fructose/sucrose/dextrose
- NO!** Testing on animals (only relatives)
- NO!** Gluten or lactose
- NO!** GMO
- YES!** 100% natural real food ingredients

### HOW TO USE:

Mix 1 teaspoon(5-8g) in half glass water once daily in the morning. Stir well or blend in our blender shaker for a smoother mix. All our products can be safely combined or added to your favourite smoothie recipe.

Bake: You can add it to cookies, muffins, brownies, energy bars or protein balls.