

# RELAX

## DESIGNED

To support the body with natural relaxation needs, such as muscle aches, discomfort, or a general tonic for relaxing.

RELAX supports the body in relaxing with symptoms of backache, back sprain, muscle spasms or injury, tension, stress, menstrual cramps, restless leg syndrome, TMJ, night grinding, joint pain or stiffness, leg aches, as a sleep aid, or for PMS.

**DOSAGE** Two capsules as needed. DO NOT exceed 12 per day.

**RELATED PRODUCTS** MOTION, SERENE

## SUPPLEMENT FACTS

Serving size : 2 tablets (1000 mg.tablet)

	Amount per serving	%DV
Magnesium(Salicytate).....	218 mg.	54%

Proprietary blend: Valerian root extract, Passion flower extract, and White Willow bark concentrate.

Contains EZA (Amylase, Protease, Lipase, and Cellulase) ADPT: Elethero (Siberian Ginseng), Reishi (Ganoderma Mushroom), Jiaogulan, Cordyceps and Rhodiola Rosea.

Other ingredients: Gelatin capsules  
(Contains no known allergens)



## DETAILS

Relax is a unique blend of the right minerals, plants, and co-factors to really help support the body with issues of stress, sleep, muscle fatigue, spasm, and overall tension. Valerian root has been used for many centuries as a nerve, relaxation support.

Passion flower supports by increasing levels of a chemical called gamma-amino butyric acid (GABA) in the brain. GABA lowers the activity of some brain cells, resulting in relaxation. White willow bark concentrate supports the body in naturally relieving pain. The bark of white willow contains salicin, a chemical similar to aspirin . When combined with Magnesium can have a powerful support for the body.

Magnesium is a mineral known for relief of muscle spasm and cramps. It is needed for more than 300 biochemical reactions in the body. Magnesium supports normal muscle and nerve function, heart rhythm, healthy immune system, and strong bones.

Caution: Do not take if allergic to aspirin. Although the compound is different than aspirin and is completely natural, we suggest avoiding any potential problem.