



— VEGETARIAN —

# CHEWABLE STRESS FORMULA

— GLUTEN FREE —

**ORGANIC COCOA WITH NATURAL ORANGE FLAVOR**

L-Theanine • Ashwagandha • Rhodiola

*PIONEER® Chewable Stress Formula is a clinician-formulated, natural, chocolate-orange flavored chewable that includes vitamin C, B-vitamins, magnesium, L-theanine, glycine and adaptogenic herbs.*

**One nation under stress.** The statistics are staggering. Millions of people in this country are regularly experiencing stress-related symptoms – from tension, worry, headaches, insomnia and fatigue to fear, anxiety, depression, heart palpitations and more. According to the U.S. surgeon general's office, more than sixteen percent of adults in America suffer from some type of mood or anxiety disorder alone. Medical treatment costs for stress-related conditions add up to billions of dollars each year. Prescription drug use for diagnosed cases is widespread. People with milder symptoms of stress may self-medicate with non-prescription sleeping pills and sedatives, alcohol, drugs or overeating.

Stress and the stress response are part of a larger response known as the *General Adaptation Syndrome*, a term coined by Hans Selye, MD, PhD, a pioneer in stress research. The General Adaptation Syndrome is composed of three phases: alarm, resistance and exhaustion. These phases are largely regulated and controlled by the adrenal glands. These two glands, one sitting on top of each kidney, are chiefly responsible for releasing hormones related to the stress response. The adrenal glands produce and release cortisol and epinephrine (also known as “adrenaline” derived from the word “adrenal”) in response to stress. Maintaining and supporting adrenal health helps us better tolerate stress.

While we can't eliminate stress from our lives, we can intervene with a stress reduction program of relaxation techniques, health-sustaining lifestyle choices, sufficient rest, regular exercise, proper nutrition and with nutrients and botanical extracts designed to support the body—but especially the adrenal glands—as a whole.

## CONSIDER THESE PIONEER® ADVANTAGES:

**1. Vitamin C.** The adrenal glands contain the highest concentration of vitamin C of any tissue in the body. Vitamin C is considered one of the most important nutrients involved in adrenal metabolism. Increasing vitamin C levels may provide nutritive support for those with adrenal stress. Some research suggests that vitamin C

in the diet may help support a healthy physiologic response to stress and adrenal stress hormone release.

**2. B-Vitamins For Adrenal Support.** Two B-vitamins are key for supporting healthy adrenal function:

- **Vitamin B-6 (Pyridoxine HCl):** Vitamin B-6 is a cofactor in several of the enzymatic pathways in the adrenal cascade. Vitamin B-6 provides nutritive support for mood and healthy adrenal function.

- **Pantothenic Acid:** Pantothenic acid is an important contributor to the adrenal cascade and a cofactor in energy metabolism. Pantothenic acid provides nutritive support for the normal secretion and action of adrenal hormones. A deficiency of pantothenic acid in the diet may lead to impaired adrenal function.

**3. Magnesium.** A deficiency of magnesium may lead to decreased adrenal function. Magnesium is an important nutrient involved in over 200 enzyme reactions in the body including many steps of the adrenal cascade. Magnesium is also a key nutrient for many steps in the energy production pathways in the body.

**4. Calming Amino Acids.** Two calming amino acids are included in *PIONEER® Chewable Stress Formula*:

- **L-Theanine** was originally discovered in green tea. In Japan, L-Theanine is revered for its reputed ability to help support a relaxed and focused state of mind, and feelings of tranquility.

- **Glycine** is an inhibitory or calming neurotransmitter in the body. Glycine may help provide nutritive support for healthy rest.

**5. Adaptogenic Herbs.** The term “adaptogen” is used for compounds that help the body adapt to stress and normalize physiology.

- **Eleutherococcus** is a traditional Chinese and Russian herb that has been studied for its adaptogenic effects. Eleutherococcus is intended to provide nutritive support for healthy adrenal glands which support a healthy response to stress and may improve quality of life measures.

- **Ashwagandha** is a classic Ayurvedic tonifying and adaptogenic herb. Ashwagandha has a long history of use in traditional Ayurvedic herbalism for the support of energy and overall health.

- **Rhodiola** is an herb with adaptogenic properties used in traditional Eastern European and Asian medicine. Some research suggests Rhodiola may provide nutritive support for an uplifted mood, a feeling of relaxation and an enhanced general sense of well-being.

**6. Relaxing Passion Flower.** Passion flower is described in traditional herbal medicine as a “nervine” or nerve tonic. Some research suggests passion flower may provide nutritive support for healthy relaxation.

**7. Flavored With Organic Cocoa & Natural Orange Oil.**

Chocolate lovers delight! Current research suggests that antioxidant cocoa flavonoids may offer numerous health benefits, including nutritive support for healthy cognitive and cardiovascular function. Cocoa also may help to support dental health – meaningful in a chewable tablet.

Our natural, non-alkalized dark cocoa is grown on cooperative organic farms. Natural orange oil provides a delicious, vibrant, natural flavor to this chewable tablet. Orange oil is revered by aromatherapists for its mood and energy supporting properties.

**8. Naturally Sweet, Without Sugar.** Xylitol is a plant-based sugar alcohol. This remarkable, low-glycemic sweetener contains few calories and is noted for its tooth-friendly characteristics, making it ideal for use in a chewable tablet. Organic stevia is also included in this formula.

| <b>Serving Size 3 Vegetarian Chewables</b>  |                       |              |
|---|-----------------------|--------------|
| Bottles of 30 Chewables   |                       |              |
|   | AMOUNT<br>PER SERVING | %DV          |
| <b>Calories</b>   | <b>30</b>             |              |
| <b>Total Carbohydrate</b>   | <b>7 g</b>            | <b>2%†</b>   |
| Dietary Fiber   | <1 g                  | 3%†          |
| Sugar Alcohol   | 6 g                   |              |
| <b>Vitamin C (magnesium ascorbate)</b> .....                                      | <b>75 mg</b> .....    | <b>125%</b>  |
| <b>Vitamin B-6 (pyridoxine HCl)</b> .....   | <b>50 mg</b> .....    | <b>2500%</b> |
| <b>Pantothenic Acid (d-calcium pantothenate)</b> .....                            | <b>100 mg</b> .....   | <b>1000%</b> |
| <b>Magnesium (citrate, oxide &amp; ascorbate)</b> .....                           | <b>150 mg</b> .....   | <b>38%</b>   |
| <b>Glycine</b> .....  | <b>300 mg</b> .....   | *            |
| <b>L-Theanine</b> .....   | <b>200 mg</b> .....   | *            |
| <b>Organic Cocoa (Theobroma cacao) Bean</b> .....                                 | <b>350 mg</b> .....   | *            |
| <b>Eleutherococcus (1.2% Eleutherosides B&amp;E)</b> .....                        | <b>300 mg</b> .....   | *            |
| <b>Ashwagandha (Withania somnifera) Root/Leaf Extract (8% withanolides)</b> ..... | <b>250 mg</b> .....   | *            |
| <b>Rhodiola (3% rosavins, 1% salidroside)</b> .....                               | <b>170 mg</b> .....   | *            |
| <b>Passion Flower Herb Extract (3.5% isovitexin)</b> .....                        | <b>50 mg</b> .....    | *            |

† Percent Daily Value based on a 2,000 calorie diet \*Daily Value (DV) not established.

Other ingredients: xylitol, cellulose, natural dark chocolate flavor with other natural flavors, vegetable magnesium stearate, silica, vegetable stearic acid, organic stevia, maltodextrin (carrier), pure orange oil. 06.11

NOTE: Some ingredient details may be abbreviated on actual product labels.

For more information or to  
request additional copies:  
800.247.6505  
www.pioneer nutritional.com

