

# LIFEFORCE

## STRESS COMBO

180 Tablets

Nappi Code: 700880-001

**THIS IS A SPECIALISED FORMULA WHICH HELPS OFFSET THE DAMAGING EFFECTS OF CHRONIC AND ACUTE STRESS, ALLERGIES, CHRONIC FATIGUE AND IMMUNE DEPRESSION**

We've teamed nature's greatest stress relievers together to create an effective non-prescription alternative to dangerous anti-anxiety drugs and their unwanted side affects. The combination of ingredients relieves the symptoms of stress, anxiety and tension, including chest pains and tightness, neck and back tension and insomnia. This formula can be used synergistically with other Vitamins, Minerals and Amino Acids.

Special combinations of nutrients can actually improve your mood. LifeForce is pleased to provide natural elements that can enhance mood, fight stress and improve your outlook in life. There's no smarter way to put a smile on your face!

**Stress combo contains a blend of natural vitamins, minerals and trace elements that work as a nutrient to improve the body's response to stress, thereby boosting mood and relieving depression. It also improves other mental functions such as memory, concentration, alertness and recall. An ideal supplement during exams.**

### **STRESS AND STRESS FACTS:**

We all know what it feels like to be stressed. But what is stress really? Stress is a word commonly used in our fast paced society. No one can live without experiencing some

degree of stress. Short-term stress is not necessarily bad for you, as it is a vital part of life. **However, often daily demands placed upon us accumulate to a point where it is almost impossible to cope.** Job pressures, deadlines, family arguments, relationships and financial pressure are common examples of stressors, **but stress can stem from anything which creates a disturbance within the body,** including toxins.

We are geared to adapt to these stressors every day, but with prolonged or extreme stress these adaptation measures may become harmful. Prolonged chemical, emotional and physical stress places an increased demand on many organs and weakens the heart, blood vessels, adrenal glands and immune system. Long-term stress also causes depletion of micronutrients and protective glucocorticoid hormones secreted by the adrenal glands. These hormones are essential to regulate your blood sugar levels. Together these harmful processes increase your risk to developing diseases of lifestyle such as high cholesterol, high blood pressure, heart disease, diabetes, obesity and chronic fatigue.

It is important to have the right nutrients that repair and regenerate the adrenal glands, as many disorders related to stress are not a direct result of stress itself, but as a result of nutrient deficiencies caused by long periods of stress. People experiencing and reacting to stress need to maintain a nutritious, well balanced diet with special emphasis on replacing nutrients through supplementation to counteract the likelihood of deficiencies. Stress symptoms can vary from irritation, anxiety to fatigue and insomnia. Adrenal exhaustion is the progressive decreased function of adrenal glands and these glands need support to reduce stress symptoms.

How an individual copes with stress plays a major role in determining their level of health. A comprehensive approach to stress management is important in order to maintain or attain Optimal Health in today's demanding world.

### AN INTRODUCTION TO A HEALTHY LIFE

Getting the most out of life requires good health, energy and vitality. Positive lifestyle habits including balanced nutrition, supplementation, adequate exercise and relaxation help you reach these goals. Stress Combo is a specially formulated micronutrient supplement which together with a healthy eating plan, adequate exercise and relaxation help combat the damaging effects of chemical, emotional, and physical stress. A healthy body enables a

healthy mind, spirit and soul, ensuring complete holistic health.

Stress Combo is trusted by Specialists, Doctors, Homeopaths, Dieticians and other Health Professionals for its unsurpassed quality and therapeutic properties. Top Dietetic and Medical brains in South Africa have scientifically formulated this unique product. Stress Combo combination has been extensively used in practices over the past 31 years as a vital tool to assist patients to supplement in the safest, most scientific way.

Stress Combo can reduce the body's elevated levels of amino acid homocysteine, a risk factor for cardio vascular disease. Vitamin B6, Vitamin B12, & Folic Acid are the primary homocysteine lowering nutrients. Balanced B Complex (Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B12, Biotin, Folic Acid) – supports a healthy nervous system. Vitamin C and Citrus Bioflavonoids are important antioxidant nutrients, which protect against free radical damage and support the immune system.

### WHO SHOULD TAKE STRESS COMBO?

Any one who is not eating a healthy balanced diet or shows any of the general symptoms of stress may benefit from supplementing with Stress Combo.

- Fatigue (tiredness)
- Loss of appetite
- Lack of concentration
- Lethargy
- Weight loss
- Recurrent colds and flu
- Other infections

**LifeForce Stress Combo has been Medically created as a key essential for stress recovery and the strengthening of your immune function, is ideal for those that are very busy, stressed and who face a lot of demanding and challenging tasks.**

### DOSAGE

2 Tablets 4 to 6 times a day 20 minutes after meals.

## FUNCTIONS OF SELECTED COMPONENTS

### MINERALS

Research has revealed the crucial importance of minerals and trace elements. As constituents of various enzyme systems, minerals are vital factors in health and well-being. They release your body's natural healing power. Our physical well-being is dependent on us consuming all the necessary minerals we require.

### CALCIUM

More than 10% of women over the age of 50 suffer from bone loss leading to fractures. Calcium neutralises excess lactic acid in the body. Since lactic acid accumulates as a result of strenuous physical activity or mental stress, it will also help athletes in relieving fatigue.

#### CALCIUM BENEFITS:

- Calcium and Phosphorus are both vital for strong teeth and bones. Assist with reducing Backache, Brittle teeth & Bone pains.
- Maintains proper acid base equilibrium & Pre-eclampsia in pregnant woman.
- Helps to assimilate Vitamin A and the absorption of Vitamin B12
- Maintains a healthy nervous system,
- Assists those experiencing tremors in the fingers
- Assists in lessening depression.
- Normal heartbeat and efficient blood clotting.
- Induces sleep and calming hyperactive children.
- Generates skin health.

### MAGNESIUM

Most of the body's Magnesium is found in the bones, along with Calcium and Phosphorus. A smaller part of the body's magnesium is found in blood.

#### BENEFICIAL EFFECTS OF MAGNESIUM:

- Helps to keep tooth enamel hard and resistant to decay.
- Plays an important role by activating as many as 100 metabolic enzymes in the body.
- Regulates heartbeat therefore regulation of Cardiac Arrhythmia, Congestive cardiac failure and Hypertension
- Muscle contraction, & Menstrual problems
- Protects and support nerves, ADD as well as Migraine headaches,
- Helps to utilise vitamins C & E and keeps calcium soluble
- Converts glucose to energy helping with Fatigue & assists Diabetics
- Helps in utilisation of proteins & Fibromyalgia.

**Potassium** promotes efficient disposal of body wastes; stimulates mental processes by increasing the supply of oxygen to the brain, reduces blood pressure, helps stimulate insulin secretion, aids in healing, and energy utilisation.

### VITAMINS

Vitamins are organic substances necessary for life. Vitamins are essential to the normal functioning of our bodies.

#### B Complex

**Vitamin B1** Aids with metabolism of carbohydrates, assists the nerves and brain cells to remain healthy.

**Vitamin B2** Aids with maintaining a healthy skin and the release of energy from food. Aids in growth and reproduction, healthy skin, nails and hair. Helps to eliminate sore mouth, lips and tongue. Benefits vision and eye fatigue. Functions with other B vitamins to metabolise fat, proteins and carbohydrates, and thereby helps release energy from foods.

**Vitamin B3** is necessary for healthy nervous systems and brain function. Essential for synthesis of sex hormones [Oestrogen, Progesterone, Testosterone], as well as Cortisone, Thyroxin and Insulin (in other words controls blood sugar, blood pressure, levels of energy and stress). Lack of Niacin can bring about negative personality changes.

**Calcium Pantothenate (B5)** Helps in cell building, maintaining normal growth and development of the central nervous system. Essential for conversion of fat and sugar to energy.

**Vitamin B6** is excreted within eight hours after ingestion and like the other B vitamins needs to be replaced by whole foods or supplements. Requirements are increased when high-protein diets are consumed and during pregnancy and lactation. Must be present for the production of antibodies and red blood cells. Required for the proper absorption of vitamin B12. Needed to produce HCL in the body and helps with absorption of magnesium.

**Folic Acid** takes part with B12 in the formation of red blood cells, the synthesis of nucleic acids and certain amino acids, stimulates stomach acid secretions and improves digestion and appetite.

**Biotin (Vitamin H)** Works synergistically with Vitamin A, B2, B3 and B6 in maintaining a healthy skin. Aids in preventing hair from turning grey and promotes healthy hair growth. Helps as a preventative treatment for baldness. Alleviates Eczema and Dermatitis.

### VITAMIN C & BIOFLAVONOIDS

It improves the body's ability to absorb Calcium and iron, and excretion of poisonous Copper, Lead and Mercury. It assists as a tissue antioxidant to keep cells healthy. It lowers cholesterol by converting it into bile acids and is in turn helped to perform its duties by Zinc. Vitamin C also assists the absorption of certain amino acids, and is needed in greater amounts in high protein diets used by dieters and those suffering from hypoglycaemia. It helps to neutralize nitrosamines, carcinogenic substances that are formed when smoked meats such as ham and bacon are cured with nitrites. Plays a leading role in the body's resistance to bacterial infections and reduces the effects of allergens in the body. Vitamin C possesses unique antioxidant properties, which assist in combating the negative effects of environmental and chemical pollutants.

#### BENEFITS:

- For the promotion of healthy gums, skin and connective tissue.
- Vitamin C is the backbone of any immune boosting programme. It is strongly antiviral and anti-bacterial
- In recent research it was consistently found that those who supplemented with Vitamin C had shorter colds with less symptoms.

### VITAMIN D

Helps the body utilise and assimilate Vitamin A, Calcium and phosphorus more efficiently. Maintains a healthy nervous system, normal heartbeat and efficient blood clotting. Vitamin D is absorbed together with emulsified fats, through the intestinal wall. When produced by the sun it is absorbed directly into the bloodstream. After absorption, it is stored in the liver. It is also stored in smaller quantities, in the skin, brain, and bones. People who do not drink milk or who are strict Vegetarians should be concerned about their Vitamin D intake. Vitamin D is scarce in vegetables.

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