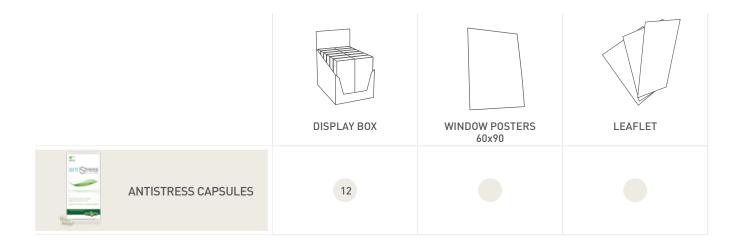
#### Medicinal plants and micronutrients.

Plant species or micronutrient	Main effects
Siberian ginseng root (Eleutherococcus senticosus Maxim.)	<ul> <li>Tonic- adaptogenic effect.</li> <li>Stimulates memory and cognitive functions.</li> <li>Indicated in periods of reduced psycho-physical performance ability.</li> </ul>
Maca root (Lepidium meyenii Walp.)	<ul> <li>Tonic- adaptogenic effect.</li> <li>Favours energy and vitality supply.</li> <li>Battles mental and physical exhaustion.</li> </ul>
Rhodiola root (Rhodiola rosea L.)	<ul> <li>Tonic- adaptogenic properties.</li> <li>Acts on mood swings.</li> <li>Helps maintaining concentration and the mnemonic potential.</li> </ul>
Jujube seeds (Ziziphus jujuba Miller)	<ul><li>Promotes relaxation and mental well-being.</li><li>Helps managing anxiety and sleeping disorders.</li></ul>
Lactium®	<ul> <li>Relaxing effects (Alpha-casozepine and active decapeptide).</li> <li>Reduces symptoms related to stress and anxiety.</li> <li>Reduces possible gastro-intestinal disorders.</li> <li>Increases concentration, lowers psychophysical tensions and mood disorders.</li> </ul>
L-Theanine	<ul> <li>Anti-stress effects.</li> <li>Promotes relaxation without sedation.</li> <li>Helps maintaining a good mood.</li> </ul>
Magnesio	<ul> <li>Promotes tiredness reduction.</li> <li>Decreases fatigue.</li> <li>Regulates the normal psychological function.</li> </ul>
Thiamine (Vitamin B <sub>1</sub> )	Contributes to the normal functioning of the nervous system and psychological functions.
Pyridoxine (Vitamin B₀)	<ul> <li>Required for the functioning of many enzymes and for the nutrients assimilation.</li> <li>Promotes the normal functioning of the nervous system.</li> </ul>
Cyanocobalamin (Vitamin B <sub>12</sub> )	<ul> <li>Contributes to the reduction of tiredness and fatigue.</li> <li>Useful in cases of asthenia.</li> <li>Ideal for everyone.</li> <li>Also useful for continuous treatments.</li> </ul>

# A NEW SOLUTION AND TWO GOOD REASONS TO MANAGE STRESS.

## Merchandising



The information contained herein must not be divulged or communicated to the public. This information is strictly reserved to professional operators qualified in medicine, the food sector and pharmacy (pursuant to Sect. 6 (2) of Legislative Decree No. 111/1992). Any use other than specified above or any unauthorized use lies outside our responsibility.

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#### Quality, Efficacy, Guarantee.







Think Green. Live Green. Be Green.

## Laboratories Erba Vita launches its all new Anti-Stress products

## Some stress-related disorders

- Physical and mental fatigue.
- Irritability.

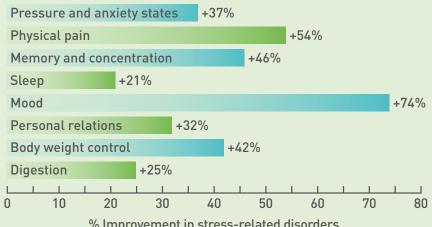
- Digestive difficulties.
- Mood swings.
- General discomfort.
- Tension and anxiety.

- Changes in sleep patterns.
- Concentration difficulties.
- Immune defences depletion.

When the body is under the effects of stress, a series of reactions are unchained; they are known as "Syndrome of general adaptation", in which there are three stages:

- 1) stage of "alarms": the individual recognizes the danger inherent in the stimulus and prepares to address it with a psycho-physical vigorous reaction;
- 2) stage of "resistance": it is being put in place a complex biological and behavioural program, which supports the response to the stimulus;
- 3) stage of "exhaustion": when the "stressful" stimulus persists, there is a reduction of the adaptive capabilities of the organism and stress disorders may arise.

### The action of Lactium correlated to placebo (control group).



% Improvement in stress-related disorders

### Medicinal Herbs and nutritional facts.

Scientific publications have confirmed the ergogenic and adaptogenic role of medicinal herbs used. The specific choice of a synergistic blend of titrated and standardized extracts of Maca, Siberian ginseng and Rhodiola, provides:

- tonic- adaptogenic properties;
- regulating action on biochemical changes related to stressful events,
- greater resistance to stress;
- the balance of homeostasis.

In addition, the functional synergy of vitamins B and magnesium assists the action of the extracts and reduces tiredness and fatigue.

# Two good reasons for recommending **Stress Solution capsules:**

- 1. The relaxing effect of Lactium in synergy with jujube and Theanine;
- 2. The tonic-adaptogenic action of the extracts, and the "anti-fatigue"
  - effect of vitamins B and magnesium.

## Lactium: proven efficacy natural remedy.

Lactium, isolated and purified peptide, was developed from a simple observation of a baby in state of calmness after breastfeeding.

### How Lactium is obtained.

Casein hydrolysis is performed using trypsin (with a heating and drying treatment), and further isolation of the bioactive decapeptide, the  $\alpha$ -casozepina, which has demonstrated to possess remarkable relaxing properties.

### Positive effects of Lactium.

The enzyme system in the adult is no longer able to release the  $\alpha$ -casozepina, important decapeptide, which can decrease the disorders related to states of stress and anxiety. Numerous scientific studies confirm its usefulness: it has positive effects on some stress-related disorders such as muscle tension, casual insomnia, concentrating difficulty, mood changing and increasing levels of blood pressure due to stress.

#### **ANTISTRESS SOLUTION CAPSULE** Food Supplement

- Improved mental and physical balance.
- Better adaptation to stress.
- Increased ability to relax (without causing drowsiness).
- Increased physical and mental performance.

#### Made of:

L-Theanine, Lactium<sup>®</sup>, Vitamins B<sub>1</sub>, B<sub>6</sub> and B<sub>12</sub>, Magnesium, Siberian Ginseng, Maca, Jujube and Rhodiola.

How to use: 2 capsules in the morning, during breakfast, and 1 capsule in the early afternoon, with plenty of water.

Content: 45 capsules of 500 mg

