

### Magnesium Citrate

Magnesium citrate easily absorbs in the body resulting in quicker & more obvious relief. It's a nervous system relaxant that assists with fear, irritability, and restlessness.

### Passionflower

This is a calming herb for anxiety, insomnia, and even seizures. You can include this in your diet through teas, extracts, or tablets.

### Vitamin D

Assists in mood regulation, nerve and brain health.

### Theanine

Reduces stress responses in your body.

### B-Complex

Keeps mood lifted and stabilized.

### Ashwagandha

Dramatically lowers levels of cortisol. Also improves focus and stamina.

### Licorice Root

Helps to slow production of adrenaline and cortisol.

### Rhodiola

Supports emotional well-being and enhances energy levels by helping the body adapt to stress in a healthy way.

### Fish Oil (Omega-3)

Omega-3s are the basic building blocks of the brain and nervous system, so taking fish oil helps maintain a healthy level of cognitive function.

### Probiotics

Maintaining a healthy amount of gut bacteria affects a healthy response to chronic stress and has been shown to promote mental health and cognitive function.

### Lavender

Oil used for anxiety & insomnia. Proven to restore the nervous system by reducing blood pressure & heart rate.

### Rose Oil

Helpful for soothing emotions, headaches and balancing hormones.

### Chamomile

Promotes inner calm, reduces anxiety and calms the nervous system. It can also be used to reduce inflammation of the digestive tract, regulating mood and stress levels.

### Jasmine

Used for anxiety, stress, insomnia and depression. It also acts as a natural sedative, improves mood & energy levels.

### Clary Sage

Effective in calming stress and anxiety.