



## Stress Control Pro

Valerian, Passion Flower and Magnesium  
90 TABLETS

### STRESS CONTROL PRO

#### DESCRIPTION

**Stress Control Pro** tablets contain extracts of valerian root (*Valeriana officinalis*) and passionflower (*Passiflora incarnata*), as well as magnesium gluconate, useful for tension and insomnia.

#### FUNCTIONS

**Stress Control Pro** contains two herbal extracts that are known to provide a relaxing effect that may be helpful in alleviating the mental tension that contributes to insomnia.

Valerian root has been used since antiquity to relieve emotional stress associated with fear or anger. As a non-narcotic herbal relaxant, valerian root extract can act as an effective food supplement that promotes restful sleep. As a muscle relaxant, valerian root may be helpful in relieving the dysfunction that contributes to neck and shoulder tension, muscle spasms, and menstrual discomfort.

Valerian root's effectiveness as a relaxing agent is thought to be due to its content of the valpotriates, i.e. valtrate and isovaltrate. A study of 23 insomniac outpatients at a large clinical hospital showed that most study patients felt that the herb was moderately to extremely helpful for their insomnia. Another study of valerian root's relaxing properties with 99 subjects indicated that there was no negative impact on alertness and concentration the morning after a single or repeated administrations of 600 mg of valerian extract.

Passionflower (*Passiflora incarnata*) has also been used for many years as a natural relaxant. Central American natives used it to soothe overactive nerves, as a treatment for insomnia and hysteria. Some suggest its use for a variety of conditions, including insomnia, as well as dysmenorrhea and muscle spasms.

Passionflower's active ingredients are thought to include the pyrone derivative maltol, as well as the flavonoids, orientin, isoorientin, vitexin and chrysin.

Some have suggested that the two herbs, valerian and passionflower, may act synergistically, one to support normal sleep patterns and the other to support stress and healthy relaxation.

#### INDICATIONS

**Stress Control Pro** tablets may be a useful dietary supplement for individuals who wish to relieve the tension that prevents them from sleeping normally.

#### SUGGESTED USAGE:

Adults take 1 tablet 2 times daily or as directed by healthcare professional.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

#### KEEP OUT OF REACH OF CHILDREN

For optimal storage conditions, store in a cool, dry place. (59°-77°F - 15°-25°C) (35%-65% relative humidity).

Manufactured by: DOUGLAS LABORATORIES  
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Tamper resistant package, do not use if outer seal is missing.

FORMULA #7333-90PRO/#2115274

#### Supplement Facts

Serving Size 1 Tablet  
Servings Per Container (90)

Amount Per Serving		%DV
Magnesium (from 65 mg Magnesium Gluconate)	4mg	1%
Valerian Root Powder Extract <i>Valeriana officinalis</i>	145mg	*
Passion Flower Powder Extract (aerial parts) <i>Passiflora incarnata</i>	145mg	*

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

#### SIDE EFFECTS

Although no adverse effects have been reported, it is prudent not to use valerian concomitantly with barbiturates as excessive sedation may occur.

#### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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