

# Happiness Begins Within



NutriDyn<sup>®</sup>

## Nutritional Support for Healthy Stress\*

The nutrients found in Stress Essentials Relax and Stress Essentials Calm promote a harmonious balance between GABA and glutamate in the body while promoting healthy serotonin and cortisol levels.\* These factors collectively assist in maintaining an optimal balance between critical neurotransmitters in the brain and stress hormones.\*

- Do you want to manage your stress hormones more effectively?\*
- Are you getting the necessary nutrients to foster tranquility and rejuvenating sleep?\*

### Stress Essentials Relax

Stress Essentials Relax helps support healthy stress levels and bolsters tranquility.\* This potent supplement facilitates an optimal equilibrium between the neurotransmitters GABA and glutamate, which help foster mental sharpness, balance moods, and promote restorative sleep.\*



### Stress Essentials Calm

Stress Essentials Calm features a scientifically backed and patented blend of L-theanine and gamma-aminobutyric acid (GABA). These active components help elevate the GABA concentration in the brain.\* As GABA levels surge, overexcitability is tamed, paving the way for a serene state of mind that encourages sound sleep and effective stress management.\*



**Talk to your practitioner to learn more.**

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.