



## Stress Free Formula

#NS-229

**Size:** 30 capsules

### **Do you know that Stress not only makes you feel bad but is harmful to your body?**

Your body wants to feel relaxed and function properly. You can help your body regain a healthy balance and relief from stress with Natural Stress Free Formula by Blue Spring. You will see noticeable results and a sense of well being with just one dosage. Take Stress Free Formula daily or as needed - results are quick and noticeable.

*"I started playing golf about 5 years ago and enjoyed the game when I was with a close friend or my brother. I avoided playing in groups or tournaments because of the stress of worrying I was not good enough to participate. A close friend of mine talked me into playing in the Golf Channel "Viewer's Cup" in Pinehurst, North Carolina. He convinced me it would be relaxing and fun. When I arrived at Pinehurst I was overcome by stress. What was I thinking? Not only had I never played in a tournament, but realized I was playing in my first tournament with film crews and possible TV coverage. What could I do? I did not want to walk away and admit defeat and humiliation without even playing, but I felt stressed and concerned about not being good enough and publicly embarrassing myself. I remembered I had a bottle of Stress Free by Blue Spring and how it had relieved my stress in the past. I decided this would be the great test and I put it in my golf bag. About 30 minutes before we started playing I took a Stress Free capsule and started my first round of golf at the famous Pinehurst Number 2. By the time the day was over I had taken two more Stress Free capsules and ended the day with a sense of well-being and accomplishment. Did I come in first? No. It will take more than Stress Relief for me to ever have a chance at coming in first. But I didn't come in last either and I didn't embarrass or humiliate myself in front of much more experienced golfers. Looking back, I can say I enjoyed the day and the experience because of Stress Free Formula. I have told this story many times hoping Stress Free will help others have a great experience just as it helped me on what was a very memorable day of my life."*

*William M. - Philadelphia, Pennsylvania*

Take Stress Free Formula by Blue Spring and quickly increase your body's resistance to:

- Stress
- Anxiety
- Trauma
- Bodily Fatigue
- Stress related weight gain

You only need one capsule daily for quick and noticeable results!

**Stress Free Formula by Blue Spring is a unique combination** of four quality natural herbs classified as Adaptogens and the Amino Acid - L-Theanine.

- L-Theanine, an amino acid, has been shown to reduce mental and physical stress levels by increasing the levels of serotonin in the brain. Serotonin is a natural occurring brain relaxation chemical and mood stabilizer.
- The word Adaptogen is defined as a natural herb that increases the body's resistance to stresses such as trauma, anxiety and bodily fatigue. Adaptogens have been known to work by helping the body adapt to any situation that would normally alter the body's function.

**Stress Free Formula by Blue Spring is a combination of Rhodiola, Eleuthero, Schisandra, Ashwagandha and L-Theanine uniquely formulated to produce the following fast and beneficial results:**

- Relief of stress, simple nervous tension and anxiety
- Adapt and cope with the pressures of everyday life
- Alleviate the effects that stress and tension have on the body and total well-being
- Control stress related weight gain
- Regulate and balance healthy metabolic functions
- Protect against the effects of aging
- Protect against free radical damage to cells
- Support the body's immune defenses
- Promote mental clarity and concentration
- Resist fatigue
- Inhibit stress responses that can lead to overeating

*"I was in a great deal of pain from an injury. As the pain level increased, my body began to tense and tighten trying to tolerate the pain. It seemed the more tense I became the higher the pain level would rise. It was on an upward spiral. As I looked around for something that might help I saw the bottle of Stress Free Formula by Blue Spring and thought maybe, just maybe, this could help. Of course I wanted the pain to stop but at that point I was really just trying to stop the upward spiral. I took a Stress Free capsule and a short time later I realized the tenseness had left my body. I was relaxed. I was still in pain but the level had decreased to a point of being tolerable. It helped me to manage the pain level without the use of a narcotic or mind altering substance. It helped me to relax and still keep my mind clear."*  
Sherry S. - San Diego, California

**The positive qualities of Stress Free Formula by Blue Spring are:**

- It works quickly - feel results after just one capsule
- One Stress Free Formula Capsule relieves stress for up to 24 hours
- Calms without drowsiness
- Stress Free Formula will completely reprogram your body's stress response
- Easy to swallow capsule, you only need one

**Directions for use:** Take one capsule daily. Increase if needed.

Stress Free Formula by Blue Spring is guaranteed to give you maximum results if used properly. We have so much confidence in our Stress Free Formula that we back it up with our Blue Spring 60 day money back guarantee.

*The Food and Drug Administration have not evaluated this statement. This product is not intended to diagnose, treat, cure, or prevent any disease.*

**Product Ingredients:** L-Theanine, Rhodiola (Rhodiola rosea) Root Extract, Eleuthero (Eleutherococcus senticosus) Root Extract, Ashwagandha (Withania somnifera) Root Powdered Extract and Leaf Extract and Schisandra (Schisandra chinensis) Berry Extract

**Inactive Ingredients:** Gelatin, Cellulose, Stearic Acid, Magnesium Stearate and Silicon Dioxide

## Stress Free

---

### **Stress Free Formula by Blue Spring contains the following ingredients for balanced well-being:**

- L-Theanine – An amino acid that has been shown to reduce mental and physical stress levels. L-Theanine increases the levels of brain serotonin, dopamine and GABA (naturally occurring brain relaxation chemicals and mood stabilizers) and promotes alpha wave production in the brain (waves produced by the brain when you are awake and relaxed). One of the more beneficial ingredients in Green Tea, L-Theanine is what causes tea to relax you in spite of the stimulating caffeine the tea contains. L-Theanine also is known to keep one's mind focused and alert even though relaxed. In addition studies have shown some benefits in lowering blood pressure and other beneficial effects of reducing stress without becoming drowsy.
- Rhodiola (*Rhodiola rosea*) Root Extract - Rhodiola is a popular plant in traditional medicine in Eastern Europe and Asia. It has a reputation for stimulating the nervous system, decreasing depression, enhancing work performance, eliminating fatigue, and preventing high altitude sickness. Rhodiola has been categorized as an adaptogen by Russian researchers. The word adaptogen is defined as a natural herb product that increases the body's resistance to stresses such as trauma, anxiety and bodily fatigue. Its claimed benefits include helping the body to defend itself against depression and cancer and to help the body enhance its cardio and central nervous system.
- Eleuthero (*Eleutherococcus senticosus*) Root Extract - Eleuthero Root is a member of the ginseng family. The root is found in the Siberian province of Russia. It contains niacin, amino acids, carbohydrates and other vitamins and mineral. There have been over one thousand studies on Eleuthero. It has been shown to nutritionally support the glandular system. It is used to promote an overall sense of well-being. Eleuthero is classified as an adaptogen, which means that it helps the body adapt to any situation that would normally alter the body's function. It appears to act on the adrenal glands to help prevent excess cortisol production (cortisol is believed to cause stress related weight gain particularly in the midsection area) in response to stress. It has a beneficial effect on the heart and the circulation. It has been shown to increase energy and stamina and to help the body resist viral infections, environmental toxins, radiation and chemotherapy. It has also been used to help the mind restore memory, concentration and improve cognitive abilities. Eleuthero Root is also popular for debility, depression, fatigue and nervous breakdown.
- Ashwagandha (*Withania somnifera*) Root Powdered Extract and Leaf Extract - Ashwagandha is a natural herb which provides vitalizing and restorative supplementation to combat the daily effects of stress and to enhance mind and body performance. It is extracted from a natural botanical called Ashwagandha, which has been revered for its health benefiting properties in India and Asia for centuries. Ashwagandha works with the body's natural biological systems to help restore balance to the body and normalize body functions. It helps to increase the body's resistance to stress and reduce physiological responses to stress events. Ashwagandha's adaptogenic activity helps the body to increase resistance to fatigue while promoting vigor, vitality and well-being helps counteract the negative effects of stress.
- Schisandra (*Schisandra chinensis*) Berry Extract - Schisandra is a plant whose berries contain one or more naturally occurring adaptogens, which means that it helps the body adapt to any situation that would normally alter the body's function. The adaptogens in Schisandra have been shown to maintain the body's tonicity (tonicity is how cells behave in fluid) and balance. They also improve concentration and attention span as well as improve vision and hearing.

Blue Spring's Stress Free Formula also contains other beneficial ingredients with scientific sounding names. In spite of the complicated names, these are considered safe (in these very small quantities) and derived naturally.

- Gelatin – from the capsule
- Cellulose - Cellulose is a plant fiber and is used as filler and binder.
- Stearic Acid - Stearic Acid is a natural and useful essential fatty acid, which contains sodium and potassium.
- Magnesium Stearate - Magnesium Stearate or Magnesium Salt is used as a filling agent.
- Silicon Dioxide - Silicon Dioxide also known as silica is found in nature in several forms. It is used to absorb moisture.