

STRESS LESS

MOST OF US HAVE EXPERIENCED STRESS AT SOME STAGE IN OUR LIVES. FOR SOME IT'S A PASSING FEELING OF HAVING TOO MUCH ON OUR PLATE, FOR OTHERS IT'S A LONG TERM FEELING OF FATIGUE AND TENSION.

BLACKMORES
THE BEST OF HEALTH

A vitamin and mineral supplement may help ease symptoms of stress, increase energy levels, feelings of calm and enable you to cope better.



Blackmores Executive B Stress Formula

62 tabs +
30% FREE

B group vitamins are particularly helpful in times of stress and fatigue, as they nourish the nervous system. Vitamin C, vitamin B6, vitamin B5, zinc and magnesium support adrenal gland function.

Vitamin B5 has long been considered the 'anti-stress' vitamin, because of its important role in adrenal function. Magnesium assists in the manufacture of adrenal hormones. Potassium assists with nervous energy and lack of drive.

Blackmores Executive B Stress contains B vitamins, plus minerals and the herbs oats and

passionflower, traditionally used for their calming effects. The ingredients have been carefully selected to support a healthy response to stress and to help reduce nervous tension. B vitamins will also assist your body to convert food to energy.

The formula may help to support you through a busy, stressful life and along with good nutrition, may help you cope better. Lifestyle changes are also recommended. Reduce your intake of sugar, alcohol and caffeine and try herbal teas instead, swap unhealthy snacks for nutrient rich choices like fruit, nuts and yoghurt, try to exercise at least three times a week and don't forget to take time out.

Vitamins are supplementary to a balanced diet.