

# STR-J

100 capsules, Herbal combination, Stock No. 1087-0

**S**TR-J provides nutrients that must be present for proper function of the nervous system.

This herbal combination, which contains chamomile — one of the most favored herbs in Europe — is a sedative and tranquilizing formula used to relieve the effects of everyday stresses.

## *Did you know?*

People under stress are typically anxious, tense, and moody. But physical reactions to stresses are highly individual. You may also experience any of the following: skin disorders, such as hives or acne; digestive disorders, such as stomach pain and diarrhea; wheezing; stuffy nose; changes in your period; headaches; back and neck pain; fatigue; difficulty sleeping; and trouble having sex.

Stress can affect your body's immune response and make you more vulnerable to illness. Clinical studies show a relationship between stress and lower resistance to infection. For example, people under stress are more prone to contract common colds.<sup>1</sup>

## *NSP Advantage*

100 capsules. Herbal combination.

*Ingredients:* 340 mg combination of the finest chamomile (*Matricaria recutita*) flowers, passion flower (*Passiflora incarnata*) herb, hops (*Humulus lupulus*) flowers, fennel (*Foeniculum vulgare*) seeds, marshmallow (*Althea officinalis*) root, and feverfew (*Tanacetum parthenium*) root.

The herbs in this combination contain naturally-occurring amounts of chromium, magnesium, and vitamins A and C.

*Recommendation:* Take two to four capsules every four hours daily.

1. *Physicians Desk Reference, The PDR Family Guide to Common Ailments*, Ballantine, 2000, page 287-8.

## Features & Benefits

- May help relieve anxiety, excitability, nervous tension and the effects of everyday stresses.
- Relaxes muscular and nervous tension in the gastrointestinal tract.
- May help reduce pain, inflammation, and muscle spasms in the respiratory and urinary tracts.
- The various herbs in this formula have traditionally been used for asthma, colic, coughs irritability, insomnia, nervous indigestion, muscle cramps, PMS, spastic colon, stress, and tension headaches.
- Hops has traditionally been used as a sedative, and to relieve tension. Also traditionally used as a digestive aid to increase appetite and to relieve intestinal ailments (cramping and spasms).