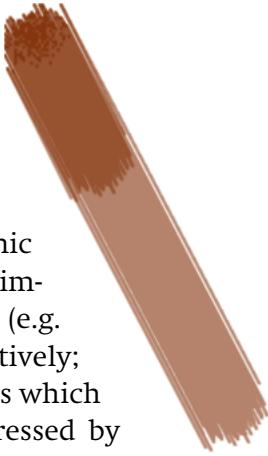


Relax Pills



Modern lifestyle in the main is associated with constant, higher levels of chronic stress. This may result from external pressures, and circumstances beyond our immediate control, work, financial, marital, and other impacting negative factors, (e.g. noises, phones, cold, etc.) which add to our everyday cycle of life. Or, alternatively; internal factors (subconscious pressure, frequent thoughts or conscious thoughts which weigh heavily upon us). The outlined stressful scenarios can usually be addressed by combinations of: psychotherapy, meditation or other means. Most stress sources are not recognized, until our quality of life is impaired.

Healthy eating, good sleep, vitamins and minerals, physical activity and regular meditation, praying or relaxation exercises may all help a lot. Fortunately, there are some natural active substances and herbal extracts also effective against chronic and acute stress, which can be used over the long term. In effect they often have other beneficial effects as well.

In our quest to alleviate the symptoms and assist a recovery to a normal healthy lifestyle we have developed our product "Relax" to include these effective substances a special extract of lemongrass and the amino acid L-theanine. We have combined these two in our product Relax due to their complementary effects, in assisting to alleviate the build-up of stress.

Cyracos® lemongrass extract

Lemongrass (*Melissa officinalis*) has several variants. Between these variants, the proportion as well as the amount of different active substances varies greatly. An identified problem is that many lemongrass extracts on the market barely contain any of the appropriate active substances, even multiplied doses of the recommended intake of these products can be totally ineffective. Cyracos® is a patented full-spectrum lemongrass extract, derived from a lemongrass variety with excellent ratios of active substances by using natural methods, so that the active substances keep their original content to maximize a high concentration in the final product as well. The efficacy of Cyracos® lemongrass extract has been long proven by many human clinical trials.

L-theanine

L-theanine is a rare amino acid that can be found in green tea. Even out of green tea types, only the expensive Gyokuro green tea, kept in the dark before processing, contains it in significant amounts. This is the natural active substance that gives the distinct taste of high-quality green tea. The Japanese call this "umami", which they consider as the fifth basic taste, and which can only be found in certain types of green tea, not in any other food or drink. The reason why it is so interesting for us is its identified beneficial effect on the nervous system and the brain.

Our product Relax is specially formulated to address stress in all its manifestations. It contains the effective amount both of Cyracos® and of L-theanine, which is clinically confirmed. This product assists in reducing stress and harmful side effects, by targeting the following:

Sleep deprivation, nervousness, anxiety, and anguish

It reduces anxiety, stress, and nervousness without causing drowsiness or faculty impairment dullness, and increases the feeling of calmness.

More restful sleep

Taken before going to bed in case of sleeping difficulties, it can help you attain complete relaxation and assists in attaining a natural deep sleep below the REM threshold (Rapid Eye Movement).

Attention, memory, concentration

It can focus attention, enhance concentration, and improve memory. Experimentally it was shown that lemongrass extract even increased the speed of solving mathematical problems. These are quite surprising results, considering that they are also accompanied by calming effects. Upon objective overview we realize that in many cases our atten-

tion, memory, and problems-solving skills worsen due to stress pressures allied to; ability to perform, apprehension, distress, or nervousness – that is, “Anxiety”. The active substances of the product can lessen this factor without causing tiredness.

Supporting low-calorie diet, medical weight loss programmes or fasting

Low-calorie diets, medical weight loss programmes and controlled fasting are all well-known to have beneficial effects, but many people find it hard to stand being hungry. Our product helps to alleviate hunger pangs and associated binging.

Alpha brain waves, meditation

The product increases alpha brain waves that promote a feel-good relaxed state. Its effects on the brain are similar to those of meditation and massage therapy. “Neurochemicals of happiness” – such as endorphins, endocannabinoids, dopamine, serotonin and oxytocin – can make us feel good, a state which can be triggered by our product.

Dopamine, happiness

L-theanine raises the level of dopamine in the brain, which is responsible for the feeling of happiness, our product compensates for the levels which decrease with aging.

Balancing the effects of caffeine

Another very interesting fact is that L-theanine reduces the side effects of caffeine, while at the same time it promotes its positive effect on concentration. If you consume caffeine together with L-theanine instead of in itself, it confirmedly promotes more precise and quick task-solving, focuses attention, diminishes distraction, accelerates multi-tasking, whilst delaying exhaustion. Besides, it improves reaction time, and also reduces the headaches caused by caffeine.

Recommended dosage

In order to reduce general stress, take 2 × 1 capsules per day. One in the morning and another one during the day or in the evening. If the stress is mild, it might be sufficient to take only 1 capsule per day. In this case it is worth taking the capsule in the morning or when you usually get anxious (for example, if you feel nervous mostly in the afternoon, it is best to take the capsule early in the afternoon). For the improvement of sleep, take 1 capsule not long before going to bed. You may also take 2 capsules at a time prior to retiring for the night.

Should you be afflicted by a sudden anxiety attack, you may take a capsule to calm down quickly. In such cases, it may be beneficial to take 2 capsules at the same time.

Those who consume coffee should take 1 capsule when drinking their coffee or shortly before, so that only the positive effects of coffee will be realized – that is, the product will reduce the effects of hyperactivity, nervousness and decreasing precision, whilst enhancing the beneficial effects on attention, hitherto described.

Szabó Gál Bence