

# StressArrest™

Natural support for a calm stress response

StressArrest™ is a uniquely formulated product designed for the relief of occasional simple nervous tension. It provides calmative support and may be beneficial for intermittent stress, frustration or nervousness due to common everyday overwork and fatigue. This product is an ideal choice to support your mood and help resolve the irritability and restlessness that can sometimes interfere with the normal functioning of your day.

## What is GABA?

The key compound in StressArrest™ is gamma-aminobutyric acid (GABA), a principal neurotransmitter in the brain and central nervous system involved in a calm response to stress. It influences the parasympathetic nervous system, which is responsible for the relaxing “rest and digest” state, as opposed to the “fight or flight” feelings of agitation and anxiety induced by the sympathetic nervous system.

GABA is naturally synthesized from the amino acid glutamate, but some individuals may benefit from supplemental amounts. While glutamate is an “excitatory” neurotransmitter, GABA is inhibitory, which helps to balance the stimulating effects of glutamate. GABA slows down the activity of nerve cells and helps prevent them from over-firing. Through this mechanism, GABA serves as a calming agent for the body, helping to combat occasional stress, restlessness and nervous irritability. Keeping GABA levels optimal may help support balanced moods and a healthy response to stressful situations.

## Additional Highlights

- **Glycine** – an amino acid known for its calming and relaxing properties. Glycine is found in small amounts in many food sources, but the richest sources are animal skins, bones, and joints—traditionally consumed in the form of bone broth or stock, but which are rarely consumed in the modern diet. Supplemental amounts may be beneficial for individuals who do not consume adequate glycine, such as vegetarians and those who eat mostly muscle meats.
- **Vitamins B3 and B6** – enzyme cofactors in synthesizing neurotransmitters and other compounds that help facilitate balanced moods and a healthy response to stress.
- **Pantothenic acid (B5)** – important for supporting the adrenal glands, whose optimal functioning is crucial for managing the body’s response to stress.

**Recommended Use:** As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.

**Warning:** Not recommended for use with alcohol. Not recommended for pregnant women. Consult with your health care practitioner before use if you are taking prescription medication for anxiety or depression.



\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).