

**Carefully read the leaflet because it contains important information for the person using the supplement.**

#### LEAFLET

#### No-STRESS

Dietary supplement . Sugar-free chewing gum containing sweeteners with a mint flavor;contains extract from balm leaves,ginseng root extract, magnesium, chilli pepper and vitamin B6,the active ingredients in chewing gum help the nervous system to function properly.

**Lemon balm** (*Melissa officinalis* L.) has a sedative effect, decreases excessive heartbeat and nervous attacks. It fights off insomnia and depression. It relieves tension of peripheral blood vessels, it settles and regenerates nervous system. It decreases the tension of large intestine, loosens smooth muscles of intestines, speeds up metabolism, has anti-bacterial and anti-virus effect.

**Ginseng root** (*Panax ginseng*) gives energy, increases resistance to stress. Improves concentration. It supports organism exhausted by extensive psychophysical activity, which is

the result of long-lasting stress, it improves concentration and functioning efficiency mainly in situations of chronic tiredness.

**Chilli pepper** (*Capsicum frutescens*) has an influence on the improvement of smokers' and alcoholics' moods in the state of abstinence and on the improvement of the functioning of the nervous system of the people of advanced age. **Capsaicin** contained in the pepper improves mood and do not cause sleepiness, supports the process of learning, concentration and improves frame of mind and increases resistance to stress.

**Magnesium + vit. B6** – is a composition necessary for proper functioning of organism. Magnesium contained in the gum is needed to proper work of nervous system, it may support functioning of brain and resistance to stress. Vitamin B6 is necessary in metabolism of magnesium and it increases its absorption it also has a positive influence on nervous system by eliminating the results of stress.

**No-STRESS** is a chewing gum restoring calmness of people exposed to stress. It relieves nervous tension and increases organism immunity.

**No-STRESS** contains extract from balm leaves, powdered ginseng root, chilli pepper, magnesium and vitamin B6. Thanks to its components it improves concentration and functioning of blood circulation system and nervous system. Combination of magnesium and vitamin B6 has

a positive effect on our organism – magnesium is necessary for proper functioning of nervous system, and vitamin B6 increases its absorption. To achieve optimal effect we offer you **No-STRESS** chewing gums. While chewing, the components of a chewing gum dissolved in saliva penetrate into organism through mucous membrane of mouth cavity. Thanks to it, their effect is felt almost immediately.

#### Indications and effects

A bitter taste guarantees the highest quality of the components used in production and high effectiveness of the chewing gum.

- Restores calmness of people exposed to stress,
- Relieves nervous tension,
- Increases organism immunity,
- Fights free radicals
- Improves concentration
- Speeds up expelling poisonous substances from organism
- Improves functioning of blood circulation system and nervous system
- Speeds up the metabolism

**Ingredients:** sweeteners sorbitol, isomalt, maltitol, xylitol, steviol glycosides; rubber base (contains lecithins from soya), contains traces of soya lecithin as a result of rubber base production technology, leaf extract melise (*Melissa officinalis* L.) DER 4:1,

flavours, magnesium (magnesium citrate), ginseng root extract (*Panax ginseng*) DER 10:1, thickener: gum arabic, dye E 171, glazing substance carnauba wax, chilli pepper (*Capsicum frutescens*), moisture holding substance glycerine, vitamin B6 (pyridoxine hydrochloride).

**Intake in excessive quantities may have a purgative effect.**

**Nutrient content per 100 g product :**  
energy value - 560 kJ/ 134.4 kcal; fat - 0 g (including fatty acids saturated with 0 g); carbohydrate-s of 56 g (in it poliole 56 g, sugars - 0 g); protein -0 g; salt - 0 g, magnesium - 1.3 g, vitamin B6 -0.05 g

#### Available packages

A packet contains:  
Chewing gum, dragees 6 pieces ,  
Net weight 9 g

#### Contraindications:

Product of general use, intended for direct consumption.

It can not be used as a substitute for a varied diet. Do not use if there is hypersensitivity to any of the ingredients product.

Do not use in pregnant and breast feeding women.

#### Dosage :

**Recommended daily portion of 3 pieces .**

#### One coated dragees contains:

Melise extract from lemon balm leaves – 150 mg  
Magnesium – 19 mg  
Extract from ginseng root – 10 mg  
Chilli pepper – 2 mg  
Vitamin B6 – 0.67 mg

#### Do not take more than 3 chewing gums a day.

#### Daily portion contains:

Melise extract from lemon balm leaves – 450 mg  
Magnesium – 57 mg (15% of recommended daily intake)  
Extract from ginseng root – 30 mg (contains ginsenosides 1,2 mg)  
Chilli pepper – 6 mg (content of capsaicin 0,48 mg)  
Vitamin B6 – 2 mg (143% of recommended daily intake)

To achieve an optimum effect chew the gum slowly for about 10 - 15 minutes.

Melting of a gum while chewing is a natural process guaranteeing perfect absorption of active components.

#### Storage:

Keep in dry and cool place. Do not place the product in direct sunlight. Keep away from children. Do not use after expiry date on the package.

[www.nutralic.pl](http://www.nutralic.pl)



Manufacturer & Marketing Authorization Holder  
**Nutralic Sp. z o.o.**  
ul. Fizylierów 20A, 04-497 Warsaw, **POLAND**

Face 1

Face 2