



# STRESS SUPPORT

Supplement	Quantity	Time
Advanced Antioxidant	1	Evening
Stress Defense	1	Evening

## WHAT DOES THE STRESS SUPPORT PACK DO?

Stress creates an imbalance in your thoughts, emotions, actions, and overall health. IDLife's Stress Support Pack is full of nutrients to help support the body's reaction to stress, and the hormonal imbalances caused by it.\*

## WHAT IS OFFERED IN THE STRESS SUPPORT PACK?

Each box provides a 30-day supply of convenient daily packs with evening portions only. The box comprises 30 separate PM packs, each containing 1 Advanced Antioxidant and 1 Stress Defense.

\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

# Supplement Facts

Serving Size: 1 Packet  
Servings per container: 30

	Morning Pack		Evening Pack	
	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta Carotene)	0.00 mcg RAE	0%	2600.00 mcg RAE	736%
Vitamin C (from Calcium Ascorbate)	0.00 mg	0%	32.50 mg	36%
Vitamin E (as d-alpha tocopherol)	0.00 mg	0%	8.00 mg	53%
Selenium (from L-selenomethionine)	0.00 mcg	0%	50.00 mcg	90%
Alpha Lipoic Acid	0.00 mg	*	50.00 mg	*
CoQ10 (Ubiquenone)	0.00 mg	*	50.00 mg	*
L-Carnitine L-Tartrate	0.00 mg	*	29.00 mg	*
N-Acetyl-L-Cysteine	0.00 mg	*	120.00 mg	*
Quercetin (Sophorae japonica)(flower)	0.00 mg	*	22.825 mg	*
DL-Phenylalanine**	0.00 mg	*	75.00 mg	*
IDLife Proprietary Blend: Green Tea Extract (Camellia sinensis)(leaf), Quercetin (Dimorphandra mollis)(bud), Tumeric Extract (Curcuma longa)(Root), Glucoraphanin (from Brassica oleracea)(seeds)	0.00 mg	*	30.65 mg	*
L-Theanine	0.00 mg	*	100.00 mg	*
L-Tyrosine	0.00 mg	*	125.00 mg	*
Lemon Balm Extract (Melissa officinalis) (aerial parts)	0.00 mg	*	20.00 mg	*
N-Acetyl-L-Cysteine	0.00 mg	*	160.00 mg	*
Tocotrienols	0.00 mg	*	20.00 mg	*
DL-Phenylalanine	0.00 mg	*	75.00 mg	*
L-Theanine	0.00 mg	*	100.00 mg	*
Relora® (Proprietary Blend of Magnolia officinalis Extract and Phellodendron amurense Extract)	0.00 mg	*	150.00 mg	*
Sensoril® Ashwagandha Extract (Withania somnifera) (Root & Leaf) (Standardized to 10% Withanolide Glycosides and 32% Oligosaccharides)	0.00 mg	*	50.00 mg	*

\*Daily Value (DV) not established.

Other Ingredients: Gelatin Capsule, Microcrystalline Cellulose, Stearic Acid, Dextrin, Silica, Magnesium Stearate, Maltodextrin, Dicalcium Phosphate, Starch, Alginate

\*\* Phenylketonurics: contains Phenylalanine