



ANXI-STRESS

Temporarily helps to relieve stress symptoms. Vitamin B6 and magnesium supplement that contributes to the maintenance of good health.

Product number	NPN 80077476
Dosage form	Vegetable capsule
Quantity	30
Recommended route of administration	Oral
Dosage	Fish proteins hydrolysate (peptofish) (sardine viscera) 120 mg
	Providing: mangesium 0.42 mg
	Magnesium hydrolyzed animal protein chelate and vitamin B6 0.252 mg
	Magnesium (citrate) 25 mg
	Vitamin B6 (pyridoxine hydrochloride) 1.2 mg
	Rhodiola (Rhodiola rosea, root and rhizome) 150 mg
	(2% rosavins, 1% salidroside)
	Brewer's yeast (saccharomyces cerevisiae) 60 mg
	Providing: vitamine B6 0.003 mg

Magnesium¹

Magnesium is an essential mineral for the proper functioning of the human body. Half of it is stored in tooth and bone tissue and is involved in over 300 metabolic reactions in the body. It is eliminated by the kidneys. It is found as a cation within the intracellular fluid of the body, where it is essential for maintaining lipid metabolism, regular heart rate, as well as blood sugar and blood pressure regulation. It also plays an important role in nerve transmission (decreasing neuronal excitability) and muscle relaxation after contraction. Magnesium deficiency can be due to a congenital anomaly, but it can also be due to secondary causes such as:

- Insufficient intake (severe undernutrition, alcoholism, etc.)
- Digestive malabsorption (chronic diarrhoea etc.)
- Exaggerated renal losses (diuretic abuse etc.)

Vitamine B6^{2,3}

Vitamin B6 is a water-soluble vitamin that is considered essential because the body cannot synthesize or store it. It is found in food: in meat and vegetables, in particular. The main active biological form of vitamin B6 is pyridoxal phosphate, which plays a role as a cofactor in many enzymatic reactions involving amino acids. It helps produce energy by transforming proteins and is involved in the metabolism of carbohydrates and amino acids. It also promotes immune and nervous system functioning, particularly through its role in the synthesis of neurotransmitters, which mediate mood. Additionally, Commission E has highlighted its beneficial effects in mitigating premenstrual discomfort and menstrual pain.



Therapeutic indications

- Temporary help to relieve stress symptoms. Supplement of vitamin B6 and magnesium, contributes to the maintenance of good health.

RECOMMENDED DOSAGE

Adult, 2 capsules once a day in the morning on an empty stomach with a glass of water. Do not take immediately before going to bed.





Medicinal ingredients - Fish protein hydrolysate (Peptofish) (sardine viscera) 120 mg providing: magnesium 0.42 mg - Magnesium chelate from hydrolyzed animal protein and Vitamin B6 0,252 mg - Magnesium (citrate) 25 mg - Vitamin B6 (Pyridoxine hydrochloride) 1,2 mg - Rhodiola (Rhodiola rosea, root and rhizome) 150 mg (2% rosavins, 1% salidroside) - Brewer's yeast (*Saccharomyces cerevisiae*) 60 mg providing: Vitamin B6 0.003 mg

Non-Medicinal ingredients - Cellulose, magnesium stearate and hypromellose

Rhodiola rosea

Rhodiola is a medicinal plant that was first used in Siberia and Scandinavia. It was prescribed for increased physical endurance, longevity, sexual vigour, and memory. In the mid-20th century, Russian researchers classified it as an adaptogenic plant for its capacity to improve the body's overall resistance to various environmental stressors.

In 2000 and 2003, trials conducted on overworked doctors,⁴ students during exam periods,⁵ and young male volunteers experiencing stress and fatigue⁶ showed that participants generally saw their condition improve significantly (concentration, well-being, physical fitness, motor coordination, academic performance, intellectual capacity, reduction of fatigue, etc.). These studies are regularly cited to show the effects of rhodiola on cognitive performance. Although the results of these studies are subject to debate, they have been considered sufficiently significant to warrant further study. For example, in 2009, one study showed that rhodiola intake significantly improved the status of people who complained of fatigue caused by stress.⁷

Vitamine B6 + Magnesium + Rhodiola rosea⁸

Vitamin B6 acts synergistically with other nutrients and, in particular, facilitates the assimilation of magnesium. This is why Anxi-Stress includes this vitamin and mineral combination in its formulation: to improve their effectiveness. With Rhodiola included, an adaptogenic plant used in herbal medicine, Anxi-Stress is specially formulated to help temporarily relieve stress symptoms and promotes the maintenance of good health.

Contraindications

- Do not use if you are pregnant or breastfeeding.
- Do not use if you have bipolar disorder or a bipolar spectrum disorder.

Known undesirable effects

- If you experience irritability or insomnia, stop taking this product.

REFERENCES

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- ⁴Darbinyan V, Kteyan A, et al. Rhodiola rosea in stress induced fatigue—a double blind cross-over study of a standardized extract SHR-5 with a repeated low-dose regimen on the mental performance of healthy physicians during night duty. *Phyto-medicine*. 2000 Oct; 7(5): 365-71.
- ⁵Spasov AA, Wikman GK, et al. A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of Rhodiola rosea SHR-5 extract on the fatigue of students caused by stress during an examination period with a repeated low-dose regimen. *Phyto-medicine*. 2000 Apr;7(2):85-9.
- ⁶Shevtsov VA, Zhulov BI, et al. A randomized trial of two different doses of a SHR-5 Rhodiola rosea extract versus placebo and control of capacity for mental work. *Phyto-medicine*. 2003 Mar; 10(2-3): 95-105.
- ⁷A randomised, double-blind, placebo-controlled, parallel-group study of the standardised extract shr-5 of the roots of Rhodiola rosea in the treatment of subjects with stress-related fatigue. Olsson EM, von Schéele B, Panossian AG. *Planta Med*. 2009 Feb;75(2):105-12.
- ⁸Health Canada. Monographie des suppléments de multivitamines/minéraux. 23 octobre 2007. http://webprod.hc-sc.gc.ca/nhp/nd/bdipsn/atReq.do?atid=multi_vitmin_suppl&lang=fr (accessed October 31, 2014)



Léo Désilets Master herbalist

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Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

