



ANXIOUSLESS™

Quickly feel less anxious and more confident

This fast-acting, non-drowsy formula helps relieve the nervousness, worry and tension associated with daily living. Featuring *Sceletium tortuosum*—a time-honored South African herb—and key nutrients that replenish your body's stress-coping reserves, AnxiousLess targets feelings of anxiousness from multiple pathways. Designed to quickly calm your mind, this proprietary blend of natural ingredients helps boost your mood and reduce fatigue.

BENEFITS

- Helps quickly ease anxiousness without drowsiness*
- Promotes a feeling of confidence and security*
- Improves your mood while helping to reduce fatigue*
- Offers safe, non-habit-forming relief*

KEY INGREDIENTS

- **Zembrin®** (*Sceletium tortuosum* extract)—harvested in South Africa and used by locals for centuries, this herb supports the nervous system as it facilitates feelings of calm and supports a positive mood. This standardized patented extract represents the full, unaltered phytochemical profile of the plant.
- **L-Theanine**—this unique amino acid increases the brain's alpha wave activity, which seems to reduce occasional anxiety and encourage feelings of relaxation and calm without drowsiness. Studies have associated taking L-Theanine with improvements in both mental alertness and stress response.
- **Thiamin**—Deficiency of this important nutrient has been associated with decreased levels of GABA, a key Central Nervous System metabolite tied to many mood and anxiety disorders.
- **Magnesium**—Studies have shown that a diet deficient in magnesium can lead to increased anxiety and depression.

- **Zinc**—Supplementation with zinc has been shown to be significantly effective in reducing levels of both anger and depression.

PRODUCT UNIQUENESS

- The *Sceletium tortuosum* we use (Zembrin) is cultivated and harvested in partnership with the South African San Council to promote social responsibility.
- Fully integrated from seed to extract, Zembrin is grown to Good Agricultural Practices on strategically located South African farms to promote and assure maximum environmental sustainability.
- NSP AnxiousLess combines *Sceletium tortuosum* with four additional ingredients to provide you with a more comprehensive and effective nervous system product.

RECOMMENDED USE

Take 1 capsule daily as needed to feel less anxious.

COMPLEMENTARY PRODUCTS

Nutri-Calm®, Stress-J, Nervous System Pack, Stress Relief, Nervous Fatigue, AdaptaMax®.

FREQUENTLY ASKED QUESTIONS (FAQs)

CAN I TAKE ANXIOUSLESS IF I'M ALREADY TAKING ANOTHER NSP PRODUCT FOR STRESS AND ANXIOUSNESS?

No side effects have been reported from taking AnxiousLess with other NSP products for stress and anxiousness.

IS ZEMBRIN A NATURAL INGREDIENT?

Yes, Zembrin is a patented, standardized and clinically studied extract of *Sceletium tortuosum*, a plant that grows in South Africa. It is also called kanna.

HOW SOON CAN I EXPECT ANXIOUSLESS TO START WORKING?

Most people who have taken this product reported that it works within an hour, however individual results may vary.

CAN I TAKE ANXIOUSLESS IF I AM ALREADY TAKING A PRESCRIPTION MEDICATION?

As with all nutritional supplements, we recommend that you consult your physician prior to taking AnxiousLess.

KEY SCIENTIFIC STUDIES

1. Nell H., Siebert M., Chellan P., and Gericke N. A Randomized, Double-Blind, Parallel-Group, Placebo-Controlled Trial of Extract *Sceletium tortuosum* (Zembrin) in Healthy Adults. *The Journal of Alternative and Complementary Medicine*. **18**, 1-7 (2002).
2. Chiu S, Famina-Woodbury M, Cernovsky Z, Bureau Y, Hou J, Raheb, H, Terpstra K, Badmeav, V, Gericke N. The effect of extract *Sceletium tortuosum* (Zembrin®), targeting Phosphodiesterase subtype-4 (PDE-4), on cognitive function: a proof-of-concept randomized double-blind, single site, placebo-controlled cross-over study in healthy adults. *Manuscript in preparation for submission*.
3. Terburg D, Syal S, Rosenberger LA, Heany S, Phillips N, Gericke N, Stein DJ, van Honk J. Acute effects of (Zembrin®), a dual 5-HT reuptake and PDE4 inhibitor, in the human amygdala and its connection to the hypothalamus. *Manuscript in preparation for submission*.
4. Ritsner MS, Miodownik C, Ratner Y, Shleifer T, Mar M, Pintov L, Lerner V. L-theanine relieves positive, activation, and anxiety symptoms in patients with schizophrenia and schizoaffective disorder: an 8-week, randomized, double-blind, placebo-controlled, 2-center study. *J Clin Psychiatry*. **72**, 34-42 (2011).
5. Tian X, Sun L, Gou L, Ling X, Feng Y, Wang L, Yin X, Liu Y. Protective effect of l-theanine on chronic restraint stress-induced cognitive impairments in mice. *Brain Res*. **1503**, 24-32 (2013).
6. Singewald, N., Sinner, C., Hetzenauer, A., Sartori, SB, Murck, H. Magnesium-deficient diet alters depression- and anxiety-related behavior in mice—influence of desipramine and *Hypericum perforatum* extract. *Neuropharmacology*. **47**, 1189–1197 (2004).
7. Sawada, T, Yokoi, K. Effect of zinc supplementation on mood states in young women: a pilot study. *European Journal of Clinical Nutrition*. **64**, 331–333 (2010).
8. Page, MG, Ankoma-Sey, V., Coulson, WF & Bender, D. Brain glutamate and gamma-aminobutyrate (GABA) metabolism in thiamin-deficient rats. *The British Journal of Nutrition*. **62**, 245–253 (1989).

* 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.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

Amount Per Capsule	% Daily Value	
Thiamin (B ₁ , mononitrate)	5 mg	333%
Magnesium (citrate)	40 mg	10%
Zinc (gluconate)	1 mg	7%
Proprietary blend	75 mg	*
L-Theanine, Zembrin® (<i>Sceletium tortuosum</i> aerial parts extract).		

*Daily Value not established

Other Ingredients: Cellulose, capsule (gelatin, water), magnesium stearate (vegetable).

Zembrin® is a trademark of HG&H Pharmaceuticals (Pty) Limited U S Patent #6,288,104

