

UNSTRESS™

FOOD COMPOUND VITAMIN

Stress depletes the body of many important vitamins, particularly vitamin C and the B vitamins. These vitamins are essential to our well-being and need to be supplemented during periods of stress to maintain good health. **UnStress™** by RightFoods™ is a Food Compound Vitamin designed to provide a balanced combination of essential B vitamins and vitamin C with nourishing whole foods and supportive herbs to optimize the body's response to stress.

FOOD COMPOUND NUTRITION

UnStress™ is created by skillfully combining each vitamin with a nourishing whole food extract. RightFoods™ whole food extracts are rich in naturally occurring vitamins, minerals and a multitude of beneficial food compounds. Current research has identified food compounds to exhibit many important health-promoting activities in the body, including acting as antioxidants, immune stimulators, detoxifiers, and adaptogens known to balance health systems. Including a variety of food compounds into the diet may help counteract many of the negative effects stress can have on the body.

It has been proven a diet, comprised mostly of fruits, vegetables, and whole grains, is an essential element to achieve and maintain good health. Whole grains, dark

green vegetables, and a variety of fruits are excellent sources of B vitamins and vitamin C. Since the average American diet lacks enough servings per day of these nourishing foods, it is important to choose a Food Compound Vitamin that supplements your diet not only with vitamin C and the B vitamins, but also with the all right foods rich in food compounds. Food compounds are the key to complete nutrition and wellness.

COMPLETE ACTIVE RANGE

Each of the thousands of identified food compounds has been placed by its organic structure into one of the seven classes: terpenes, organosulphurs, phenols, organic acids, polysaccharides, lipids, and amines. A diet that includes all seven classes is vital to optimal health because each food compound class exhibits unique health-promoting activities in the body. The combined effect of these activities not only helps your body physiologically manage the effects of stress, but also provides antioxidant protection to help reduce stress-related health conditions.

SUPPORTIVE WHOLE HERBS

Tonic whole herbs are widely used to gently support the body through times of stress and maintain a sense of well-being. A select group of whole herbs is included in **UnStress™** to support the following health systems:

- Nervous** *Green Oat Seed, Lavender, and Rosemary* are all recognized to help calm nervous tension.
Ginger has a history of relieving anxiety and digestive discomfort caused by stress.
- Adrenal** *Licorice Root* is widely used to support adrenal function and support a positive outlook. It is important to nutritionally support the adrenal glands if you experience chronic stress
- Mental Clarity** *Gotu Kola* is known to improve memory and help alleviate fatigue.





Supplement Facts

Serving Size 3 Tablets

Amount per Serving	% Daily Value ▼	
Vitamin C(Vitamin C, Orange)	250 mg	417
Thiamine(B1, Rice Bran)	25 mg	1667
Riboflavin(B2, Pumpkin Seed)	25 mg	1470
Niacin(B3, Green Papaya)	50 mg	250
Vitamin B6(B6, Green Pepper)	25 mg	1250
Folic Acid(Folate, Onion)	400 mcg	100
Vitamin B12(B12, Beet)	100 mcg	1667
Biotin(Biotin, Tomato)	150 mcg	50
Pantothenic Acid(B5, Cranberry)	75 mg	750
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Inositol(Inositol, Orange Peel*)	25 mg	**
Choline(Choline, Rice Bran*)	25 mg	**
PABA(PABA, Spinach*)	10 mg	**

Complete Active Range™ Herbal Extracts

Eleuthero 5:1(Ginsenosides, from 150 mg)	30 mg	**
Schizandra 5:1(Schizandrins, from 150 mg)	30 mg	**
Licorice Root 4:1(Triterpenes, from 100 mg)	25 mg	**
Gotu Kola 5:1(Asiaticoside, from 125 mg)	25 mg	**
Rosemary 4:1(Rosmarinic Acids, from 80 mg)	20 mg	**
Green Oat Seed 4:1(C-glycosyl, from 60 mg)	15 mg	**
Lavender Flower 4:1(Limonene, from 60 mg)	15 mg	**
Ginger Root 5:1(Gingerols, from 50 mg)	10 mg	**

Complete Active Range™ Food Compounds:

Terpenes (Carotenoids: Kelp 3:1, Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); **Phenols** (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 7:1), (Flavonoids: Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Soy 4:1, Kudzu 10:1; **Amines** (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1, Ginger 5:1); **Polysaccharides** (Rice Bran 3:1, Reishi 7:1, Shiitake 3:1), (Pectin: Apple 3:1); **Organosulfurs** (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); **Lipids** (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); **Organic Acids** (Ellagic Acid: Black Currant 3:1), (Coumaric Acid: Green Pepper 5:1) 850 mg

Total Food & Herb Fresh Weight is 6,450 mg.

* Food extract with potency up to 50 times their actual weight.
 ** Daily Value not established.
 † Amino Acid Chelates are superior to many other mineral forms.
 †† Carotenoids including Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

RightFoods™ has carefully selected the nutrients, herbs, and whole foods in UnStress™ to create a targeted Food Compound Vitamin with superior absorption and utilization. The whole food extracts in UnStress™ contain proteins and food compounds that act as “helping hands” in the absorption and delivery of vitamins and minerals to the cells that need them most. This delivery mechanism, defined as utilization, is where good health begins. Without efficient utilization the nutritional value of dietary vitamins and minerals is diminished. During stressful times, the health of the digestive system is often the first to be compromised. As a result, digestive distress may arise and reduce the body’s ability to digest foods properly. Choosing UnStress™ Food Compound Vitamin with enhanced absorption and utilization is your best way to ensure you are getting the nutrients you need when you need them most.

To achieve a healthy nutritional foundation, health care professionals recommend that UnStress™ be taken with one of the following Food Compound Vitamins by RightFoods™: Complete Life™, Women’s Daily™, Women Over Forty™, Men’s Daily™, Senior’s Daily™, One Daily™, or One Daily Iron-Free™.

It is prudent to consult with your health care professional and/or pharmacist before taking supplements with prescription or over-the-counter medications.

All of RightFoods™ products are FREE from Corn, Dairy, Wheat, and Yeast.

All are formulated WITHOUT Artificial Colors, Flavors, Sugars, or Preservatives.

Free of GMOs based on average analysis. Tested Six Times For Potency And Purity.

RightFoods™, Inc.

An FDA Registered Establishment

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Questions? Please call 800-634-6342, or speak directly to your health care professional.

www.right-foods.com