

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

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DeStress

A Dose of Relaxation

WHAT IT IS:

- A milk protein extract that supports patients looking for relaxation and healthy sleep

WHY YOU NEED IT:

- Important for patients with stress-related sleep problems
- Indicated for patients with anxiety and stress during the day
- Targets patients looking to block the effects of stress and anxiety

HOW IT HELPS:

DeStress is the natural equivalent of a bottle of warm milk a mother would give a crying infant to make him feel better when the baby was upset, tired or restless. The main ingredient in DeStress is a milk protein extract that has been clinically studied to support anxious, stressed-out patients. DeStress has also been sought by patients looking to lower blood pressure and heart rate in the setting of stress-related high blood pressure.

Unlike prescription anxiety and depression medications, DeStress will not make you sleepy, drowsy, or dopey.

Usual Dosage: For patients weighing less than 110 pounds, take one capsule of DeStress twice daily on empty stomach. For patients weighing more than 110 pounds, take two capsules of DeStress twice daily on empty stomach. Day time dosing should be in morning or during peak stress times, and nighttime dosing should be given at bedtime.