

Mind+Body Balance and Calm Response

USANA

Mood and Relaxation Support with USANA

Life can be hectic. And moments of tension may leave you feeling drained. Occasional stress is normal—it's how you manage it that makes all the difference.

Take a proactive approach. Our new **Mind+Body Balance** and **Calm Response** can help you keep your cool through whatever challenges life may bring.

Mind+Body Balance

Formulated with ingredients traditionally used in Ayurveda, Mind+Body Balance is an adaptogen that helps to increase energy and resistance to stress. It contains extensively researched herbal ingredients—ashwagandha, saffron, and lemon balm—known for their use in many traditional remedies. This dynamic formula assists the body to cope with environmental stress and optimizes the body's adaptation to stress.

Calm Response

A potent, topical balm formulated with a unique blend of high-quality, pure essential oils known to promote calm feelings and a centred disposition. This convenient, easy-to-apply skin stick provides a sense of well-being, wherever you may be.



Learn more about our Mood & Relaxation products by contacting your local, independent USANA Associate or by visiting [USANA.com](https://www.usana.com).

In addition to **Mind+Body Balance** and **Calm Response**, **Pure Rest**—USANA's fast-acting, ultra-pure melatonin supplement—joins our new Mood & Relaxation product line.

ACTIVE INGREDIENTS

Ashwagandha:

An Ayurvedic herb well known for its adaptogenic properties, which can help the body adapt to feelings of mild and occasional stress and nervousness.

Saffron:

A spice collected from the flower petals of the saffron plant containing the antioxidants crocin and safranal.

Lemon balm:

A citrus-scented perennial in the Lamiaceae family used for its calming properties.

KEY INGREDIENTS

Lavender:

Well known for its relaxing properties; used to promote restfulness

Ylang Ylang:

Pleasant, floral aroma used for essential oils

Patchouli:

Spicy, earthy scent

Ho Wood:

Firm, woody aromatic

Bergamot:

Tart, citrusy scent with a hint of spice

Mental well-being is incredibly important to your overall health. Occasional stress can happen anytime, anywhere. Be prepared for those moments with USANA.