

RELIEVE

NOURISH

SUPPORT

SYSTEM™

4  
Way

CLEANSE

RESTORE

# Stress

**PROBLEM**  
Extreme stress

**COMPLAINTS**  
Fatigue; anger; irritability,  
inappropriate response to  
stressful events.

**CAUSES (ACCORDING TO HOLISTIC  
HEALTH DISCIPLINES)**  
Stagnation of Liver Qi; excess damp  
heat; Blood stagnation and  
weakness; Shen disturbance.



**SUGGESTED USAGE:** One tablet before morning and evening meals.

### Supplement Facts

Serving Size: 2 Tablets Servings Per Container: 30

Ingredient	Amt. Per Serving	%DV
Spirulina plantensis	360 mg	*
Magnolia bark (2% honokiol)	200 mg	*
Zizyphus seed (18:1 full spectrum extract)	172 mg	*
Monatomic trace mineral complex	172 mg	*
Hydrolyzed pearl	162 mg	*
Barley grass juice (33:1 concentrate)	90 mg	*
Ashwagandha (8% glycowithanolides)	81 mg	*
Rhodiola rosea (4% rosavins)	54 mg	*
Bupleurum root (12:1 full spectrum extract)	49 mg	*
Polygala tenuifolia root (12:1 full spectrum extract)	49 mg	*
Dong Quai root (12:1 full spectrum extract)	32 mg	*
Scutellaria root (12:1 full spectrum extract)	32 mg	*
White peony root (12:1 full spectrum extract)	32 mg	*
White atractylodes root (12:1 full spectrum extract)	24 mg	*
Poria cocos herb (12:1 full spectrum extract)	24 mg	*
Fresh ginger root (12:1 full spectrum extract)	24 mg	*
Jujube date (12:1 full spectrum extract)	24 mg	*
Rehmannia root (12:1 full spectrum extract)	24 mg	*
Schizandra fruit (12:1 full spectrum extract)	24 mg	*
Gynostemma herb (12:1 full spectrum extract)	24 mg	*
Codonopsis root (12:1 full spectrum extract)	24 mg	*
Eleuthero root (50:1 full spectrum extract)	24 mg	*
Phellodendron bark (12:1 full spectrum extract)	16 mg	*
Rhubarb root (12:1 full spectrum extract)	16 mg	*
<b>Total Whole Food/Herbal Value</b>	<b>16,401 mg</b>	<b>*</b>

\* Daily value not established

**Other Ingredients:** Cellulose gum, magnesium stearate, silicon dioxide. **Storage:** Keep tightly closed at room temperature. **Caution:** Not intended for use during pregnancy. Please keep all supplements out of children's reach.

4 Way Stress Support is guaranteed to your complete satisfaction. If you are anything less than delighted with your personal results, return the unused portion (or your empty bottle) with your receipt to your place of purchase for a complete refund.

Quality



Assured

We welcome your questions, comments and suggestions.

Please write us at:

**Pure Essence Labs**

P.O. Box 95397, Las Vegas, NV 89193

[www.pureessencelabs.com](http://www.pureessencelabs.com) • 888-254-8000

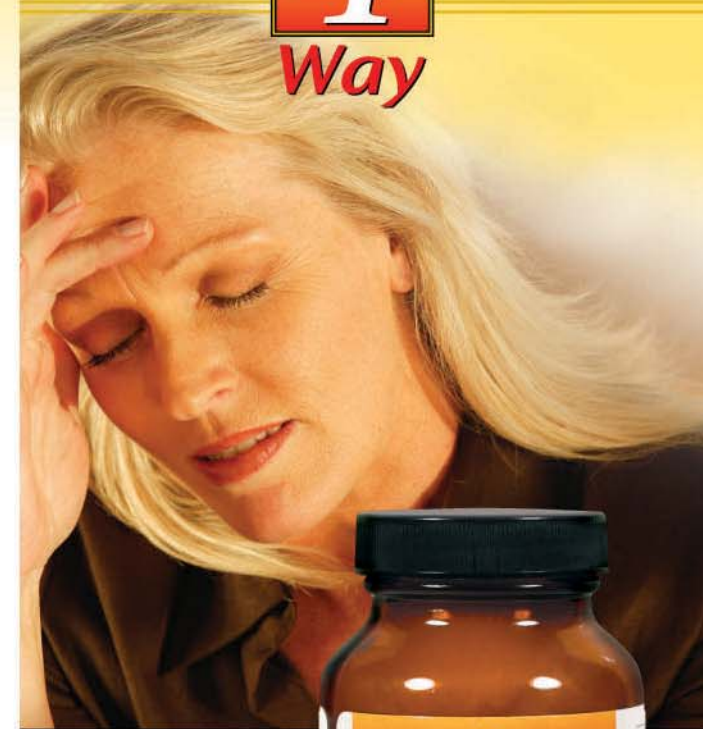
*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.*

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SUPPORT

4  
Way

SYSTEM™



## Stress

Extreme stress is not only a problem in its own right. It is a sign of imbalances in your body that can lead to more serious problems if not properly addressed.



ADVANCED  
HOLISTICS™

RELIEVE • NOURISH • CLEANSE • RESTORE

# Explanation

Modern science blames stress responses on the events that trigger them, or on mental problems. It ignores the physical imbalances identified by holistic medical systems.

According to Traditional Chinese Medicine, extreme reactions to stress are triggered by the stagnation of Blood, a blockage of the energy called "Qi" in the Liver System, the buildup of dampness and heat in that system, and a disturbance of the energy known as Shen.

Shen is the energy that fuels the Heart System and helps us relate to the world around us. When Shen is strong, we handle stress calmly. When it is weak, we become easily irritated and tend to overreact. When heat and dampness build up in the Liver System, they erupt upward through the gall bladder channel. As they rise, they attack the Heart System, thus damaging Shen. Blood stagnation contributes to such buildups.

In Traditional Chinese Medicine, the Liver System includes or controls the muscles, ligaments and tendons, the peripheral nervous system and the eyes and nails. It stores and purifies blood, stores many nutrients, regulates the flow of Qi through the body, controls motivation and will, and has a profound impact on sexual drive and happiness in general.

Until the imbalances that damage Shen are resolved, every aspect of the Liver System will suffer. Health challenges arising from such imbalances include muscular tension (particularly in the shoulder, neck and calves), vision problems, hormone deficiencies, fatigue, lack of direction and will, sexual dysfunction, spasms, cramps, twitching, dizziness, vertigo, hypertension, headaches, menstrual disorders, pale, thin, dull, soft or ridged nails, and fungal infections.

The *only* way to calm our reactions to stress while also guarding against these challenges is to remove the *imbalances* that provoke them. Advanced Holistics 4 Way Stress Support System is the only stress supplement that does so.

4 Way Stress Support System begins by providing magnolia bark and jujube (zizyphus) seed to induce a sense of calm. But, it also provides an exquisite botanical formula that builds Qi, builds and

stabilizes Shen, breaks through the stagnation of Blood, relieves the congestion of Liver Qi and clears damp heat.

Because it does all these things, *it calms stress responses more quickly and completely than any other stress supplement*. As it does, it also protects against the health challenges associated with excessive stress response.

The chart that follows identifies the things we must address to calm our reactions to stress and support the system to which it belongs. Below each heading is a list of the factors that serve that function.

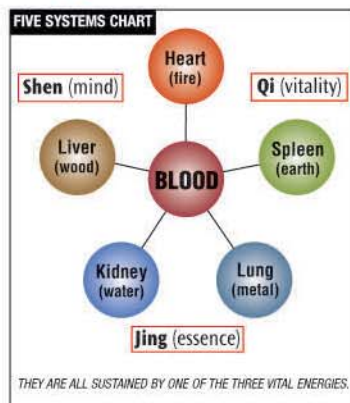
*Note: Because 4 Way Stress Support System reflects the collective wisdom of many holistic traditions, you may be unfamiliar with some of its ingredients. But, over 4000 years of use have proven these ingredients to be ideal for the purposes they serve.*

RELIEVE • NOURISH • CLEANSE • RESTORE				
Advanced Holistics 4-Way Stress Support System				
CALMING	STAGNATION OF LIVER QI	DAMP HEAT, TOXINS	WEAK, STAGNANT BLOOD	SHEN DISTURBANCE
Magnolia Bark	Bupleurum	Hydrolyzed Pearl	Dong Quai	Jujube Seed, Polygala Tenuifolia
Jujube Seed (Zizyphus)	Fresh Ginger Root	Dong Quai	White Peony	Rehmannia
Rhodiola Rosea, Ashwagandha	Dong Quai	Scutellaria	Jujube Seed	Gynostemma, Schizandra
Monatomic Trace Minerals	White Peony, Rehmannia	White Peony	Codonopsis	Poria Cocos

*Atractylodes and poria strengthen Spleen System. Phellodendron directs toward Liver System. Eleuthero strengthens entire body.*

PERFECT BALANCE = PERFECT HEALTH

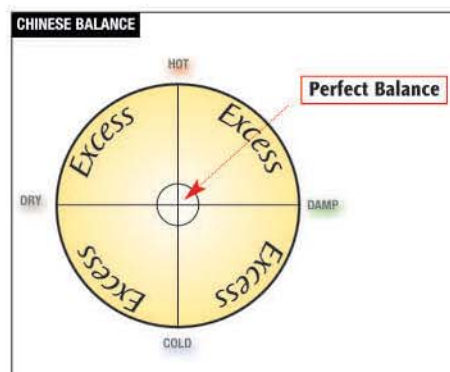
## Why Holistic is Vital.



ABUNDANT HEALTH IS POSSIBLE ONLY WHEN THE BODY IS IN PERFECT BALANCE. SYMPTOMS OCCUR TO TELL US WHEN IT IS NOT. THE WORLD'S GREAT HOLISTIC TRADITIONS EXPLAIN THAT ADDRESSING SYMPTOMS WHILE IGNORING THEIR CAUSES IS A SURE ROAD TO RUIN.

In Traditional Chinese Medicine, the body is divided into five organ systems, with the

blood being the "River of Life" that connects them. All health challenges are caused by imbalances (called excesses or deficiencies) in these systems. Excesses occur when too much heat, cold, dampness,



cells grow inefficient, biological processes become sluggish. This triggers discomforts, with the type of discomfort depending on which types of cells are affected.

For over 4000 years, Traditional Chinese Medicine has correlated every type of discomfort with the imbalances that cause them. It has also told us how to resolve these imbalances.

dryness, phlegm, toxins or stagnation build up.

Deficiencies stem from a lack of the vital energies known as Qi (Vitality), Jing (Essence) or Shen (Mind).

Deficiencies and excesses prevent cells from working as they should. As

Naturally, when we experience discomfort, our first thought is relief. But, to truly protect our health, we must pay as much attention to the things that *cause* the discomfort as we do to the discomfort itself. If we have deficiencies, we must nourish the vital energies. If we have excesses, we must cleanse them from the systems they affect. Finally we must restore normal function to the cells those excesses or deficiencies have affected.

Advanced Holistics 4 Way Support Systems provide the world's finest nutraceuticals, to **relieve** discomforts as quickly and completely as possible. They also provide the world's most treasured Superior Tonic Herbs to **nourish** vital energies, and clearing herbs to **cleanse** excesses from the systems they've weakened. Together, all these things **restore** normal function to cells that have been damaged.

**Relieve. Nourish. Cleanse. Restore.** The four steps required for the complete resolution of any health challenge.

*Advanced Holistics 4 Way Support Systems...  
The only supplements that work in all four ways.*