

COMPOSITION: 1 capsule contains: *active ingredients:*
rhizomes and roots of common valerian (*Valeriana officinalis*) – 50 mg, cones of common hop (*Humulus lupulus*) – 40 mg, leaves of common balm (*Melissa officinalis*) – 40 mg, blossoming stems from the apical points of motherwort (*Leonurus cardiaca*) – 30 mg, flower heads and apical points of the stems of true lavender (*Lavandula angustifolia*) – 30 mg, shoots with flowers of common heather (*Calluna vulgaris*) – 20 mg, roots of Urals peony (*Paeonia anomala*) – 15 mg, herbs and rhizomes of gipsywort (*Lycopus europaeus*) – 15 mg, blossoming stems of common melilotus (*Melilotus officinalis*) – 10 mg;
excipients: gelatin (capsule shell).

NUTRITIONAL AND ENERGY VALUE (CALORIC VALUE) PER 100 G OF THE DIETARY SUPPLEMENT: proteins - 13.26 g, carbohydrates - 13.82 g, fats - 0 g; 111 kcal (464.4 kJ).

RECOMMENDATIONS FOR USE: ANTISTRESS® is recommended for normalizing the function of the nervous system in persons exposed to mental and physical overstrain, chronic stress, as well as in case of insomnia. It does not impair the concentration power or cause muscle relaxant effects.

METHOD OF ADMINISTRATION AND RECOMMENDED DAILY DOSE: adults should take 1-2 capsules 1-3 times daily after meals; for sleep disorders - 2-3 capsules 3 hours before bedtime over 1-2 months; the capsule is swallowed with plenty of drinking water. Medical advice is recommended before taking the product.

PRECAUTIONS FOR USE: do not exceed the recommended daily dose. ANTISTRESS® should not be used as a substitute for a balanced diet.

CONTRAINDICATIONS: pregnancy and lactation, individual sensitivity to any ingredient.

WEIGHT OF A CAPSULE'S CONTENTS: 250 mg \pm 10 %.

STORAGE CONDITIONS: store in the original package at temperatures 4 to 25°C, in a dry place protected from light, out of reach of children.

MANUFACTURING DATE: see the manufacturing date on the package.

SHELF LIFE: 24 months from the manufacturing date.

MANUFACTURING BATCH NUMBER: specified on the package.

For more information, please
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