

# BOUNCE BACK

The stresses of modern life don't allow us enough time to process and energise. We end up relying on adrenaline to get us thorough the day.

This leads to adrenal fatigue, which is one of the most common problems that affects our customers. Your adrenal glands handle the production of stress hormones. When they become fatigued it can lead to problems with sleep, energy, mood regulation, hormone imbalance and weight management.

Bounce Back recharges your body's natural energy by supporting the adrenal glands and offers support for symptoms of mental stress, such as fatigue, exhaustion and anxiety.



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## Key ingredients

**Lemon Balm (*Melissa Officinalis*)** - Traditionally used for reduction of anxiety and as a relaxant. It contains the compound rosmarinic acid which increases the activity of the neurotransmitter GABA. Low GABA activity leads to anxiety, depression, insomnia, and mood disorders.

**Hops (*Humulus Lupulus*)** - Nervous system relaxant that tackles restlessness and tension. It has been shown to help reduce anxiety, which allows the body to cope better with daily stressors and reduce the burden on the adrenal glands.

**Passion-Flower (*Passiflora Incarnata*)** - Research has shown *Passiflora* to be capable of blood sugar regulation. Imbalanced blood sugar levels leads to production of adrenalin and cortisol, which enhance feelings of anxiety.

**Valerian Root (*Valeriana Officinalis*)** - Traditionally used to reduce feelings of tension. Valerian has been shown to increase the power of delta and theta brain waves that occur during a deep, restorative sleep. These revitalising waves allow the brain and adrenal glands to calm, repair and increase their resilience to stress.

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One dose (2 capsules) will provide 240mg of lemon balm and 190mg of passion flower.

Food supplement containing: lemon balm (*melissa off.*), hops (*humulus lupulus*), passion flower (*passiflora incarnata*), alfalfa (*medicago sativa*), valerian root (*valeriana officinalis*) and apple powder.