

No stress influences focus, alertness, and cognition while providing a calm and good mood. It also helps to balance the stress hormone cortisol.

Support mental well-being and cognitive health



The trouble with concentration, sleep problems, irritability, sadness, low energy?

With our food supplement you will experience:

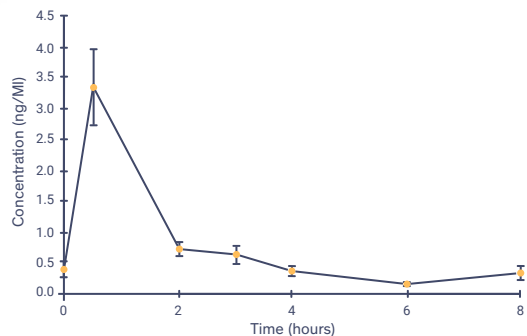
- a healthy mind and fresh focus;
- good mood and mindfulness;
- healthy sleep and recovery;
- significantly balances stress-induced cortisol levels.

Active ingredient	Contains in 2 sticks
Lemon balm (Melissa officinalis extract)	300 mg
Vitamin B1	2.2 mg
Vitamin B6	2.8 mg

The unique composition of a premium food supplement that combines the power of a patented and highly absorbable standardized Melissa officinalis extract of the German medical brand Bluenesse® and selected vitamins of the B group.

Known for its calming effect, lemon balm contributes to the induction of inner calm leading to better focus and concentration. Vitamins B1 and B6, which favourably affect the activity of the nervous system and contribute to the reduction of fatigue and exhaustion.

Consuming 2 sticks No stress food supplement, which contains 300 mg of medicinal lemon balm extract for up to 3 hours, there was: improvement of anxious states, improvement of cognitive functions, improving vigilance, fatigue reduction [1].



¹ Scholey, A.; Gibbs, A.; Neale, C.; Perry, N.; Ossoukhova, A.; Bilog, V.; Kras, M.; Scholz, C.; Sass, M.; Buchwald-Werner, S. Anti-Stress Effects of Lemon Balm-Containing Foods. *Nutrients* 2014, 6, 4805-4821.