

# KIRKMAN®

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# STRESS MANAGEMENT

Every ingredient in every product\*  
is tested for more than  
950 environmental contaminants

*\*except lotions, creams and oils.*



For more than 60 years, healthcare  
practitioners all over the world have  
trusted the quality of Kirkman's products.



## Order Today!

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

See Kirkman's Complete List of Supplements at  
[www.kirkmangroup.com](http://www.kirkmangroup.com)



## Reduce Stress Naturally

Stress affects us all. It afflicts both women and men, and people of all ages. It is a necessary and, in reasonable amounts, healthy part of life. But chronic stress can lead to health problems—both physical and mental.

Since no one can avoid stress entirely, the key is to learn how to manage stress. Obviously, better organizing our schedules and getting more exercise can decrease our stress levels, but there are also several nutritional supplements that can offer some extra help relaxing.

Omega-3 fatty acids (included in Kirkman's cod liver oils and EFA Powder) have been shown to reduce stress hormones such as cortisol and adrenaline.

Magnesium has a relaxing effect on both muscles and the brain. Like essential fatty acids, it reduces the amount of the stress hormone cortisol in the body.

Gamma amino butyric acid (GABA), known as an inhibitory neurotransmitter, causes neurons in the brain to turn off, allowing for a relaxed state.

The B-complex vitamins are essential to mental and emotional well-being. They cannot be stored in our bodies, so we depend entirely on our daily diet to supply them. B vitamins are required for the production of serotonin and norepinephrine and have been demonstrated to reduce stress in clinical trials.

Trimethylglycine (TMG) increases the body's natural production of S-adenosyl methionine, which can elevate mood and help reduce the symptoms of stress.

**Kirkman's most popular stress related products include:**

- #0026-008 Cod Liver Oil Liquid – Unflavored
- #0228-008 Cod Liver Oil Liquid – Lemon Lime Flavor
- #0802-300 Cod Liver Oil with Vitamins A & D
- #0801-454 EFA™ Powder
- #0239-008 Magnesium Citrate Soluble Powder – Hypoallergenic
- #0257-250 Buffered Magnesium Oxide 180 mg – Hypoallergenic
- #0459-004 Buffered Magnesium Bisglycinate Powder – Bio-Max Series



- #0258-180 Buffered Magnesium Bisglycinate – Bio-Max Series – Hypoallergenic
- #0373-120 Magnesium Malate 1000 mg – Hypoallergenic
- #0364-150 GABA 250 mg – Hypoallergenic
- #0034-100 GABA with Niacinamide and Inositol – Hypoallergenic
- #0034-250 GABA with Niacinamide and Inositol – Hypoallergenic
- #0523-120 Chewable Methyl B-12 2500 mcg Chocolate Wafers
- #0292-002 Methylcobalamin Concentrated Powder
- #0095-200 B-Complex with CoEnzymes Pro-Support – Hypoallergenic
- #0499-007 B-Complex with CoEnzymes Pro-Support Powder
- # 0309-120 TMG 500 mg with Folinic Acid & Methyl B-12 – Hypoallergenic
- #0433-008 TMG (Trimethylglycine) with Folic Acid and B-12 Powder
- #0473-016 TMG (Trimethylglycine) Liquid
- #0021-250 TMG (Trimethylglycine) 175 mg – Hypoallergenic
- #0028-250 TMG (Trimethylglycine) with Folic Acid & B-12 – Hypoallergenic
- #0295-200 TMG 175 mg with Folinic Acid & B-12 – Hypoallergenic
- #0327-120 TMG 500 mg – Hypoallergenic

