

Stress Rescue – Ingredient Validation Data Sheet

Product Overview

Stress Rescue is a calming and strengthening daily herbal blend that supports the nervous system, balances mood, and promotes resilience to emotional and physiological stress. Combining nervines, adaptogens, and mineral-rich nourishment, it draws from both traditional healing wisdom and modern research to restore peace and stamina to body and mind.

Documented Ingredient Validity

Ingredient	Evidence of Efficacy	Source Type
Ashwagandha Root Extract	Reduces cortisol and improves emotional balance	Ayurveda; clinical trials on stress and adrenal function
Rhodiola Rosea Extract	Improves mental stamina, resilience, and reduces fatigue under stress	Siberian traditional medicine; European Medicines Agency monographs
Holy Basil Leaf Powder	Balances mood and immune function under stress	Ayurveda; adaptogenic and cortisol-regulating research
Eleuthero Root Powder	Supports adrenal recovery and boosts stamina	Traditional Chinese Medicine; adaptogen classification studies
Schisandra Berry Powder	Adaptogen that enhances emotional and physical endurance	TCM; pharmacological adaptogen studies
Bacopa Monnieri Extract	Improves memory and reduces the effects of chronic stress	Ayurveda; cognitive and anxiety-reduction research
Lemon Balm Leaf Powder	Calms anxiety and improves focus and mood	European folk medicine; calming herb trials
Chamomile Flower Powder	Reduces anxiety and promotes gentle calm	Folk herbalism; sedative and digestive soothing studies
Reishi Mushroom Extract	Balances the nervous system and supports immune regulation	TCM; adaptogenic and immunomodulating properties
Oatstraw Powder	Nourishes nerves and calms frazzled emotions	Western herbalism; nervous system tonics
Ginger Root Powder	Improves circulation and digestion; reduces inflammatory stress	Ayurveda and TCM; warming and calming herb research
Irish Sea Moss Powder	Provides mineral support to stress-adapted glands	Irish folk medicine; thyroid and adrenal supportive research