

CHILL PILLS is a natural herbal and vitamin formula that brightens your mood and relieves stress. It reduces nervous irritability, improves concentration and induces relaxation, so you can calm down. Best of all, CHILL PILLS is non-addictive and will not make you drowsy.



**Ingredients**  
**2 vegetable capsules contain:**

Holy Basil 10% Ursolic Acids.....	100 mg
Phellodendron 0.1% Berberine (35:1).....	30 mg
Royal Jelly 6% 10-HDA.....	50 mg
Astragalus 3% Astragalosides (16:1).....	50 mg
L-Theanine.....	200 mg
Rhodiola 5% Rosavins (55:1).....	100 mg
Passion Flower 4% flavonoids.....	100 mg
<i>Avena sativa</i> extract (10:1).....	100 mg
Magnolia 80% Magnolol + Honokiol (75:1).....	15 mg
Ashwagandha root 2.5% Withanolides (8:1).....	150 mg
Red Jujube.....	25 mg
B1 (Thiamine HCl).....	50 mg
B2 (Riboflavin).....	50 mg
B2 (Riboflavin 5-Phosphate).....	5 mg
B3 (Niacinamide).....	15 mg
B3 (Inositol Hexanicotinate).....	35 mg
B5 (d-Pantothenic Acid) (Calcium).....	50 mg
B6 (Pyridoxine HCl).....	50 mg
B6 (Pyridoxal 5-Phosphate).....	5 mg
Biotin.....	75 mcg
Folic Acid.....	1 mg
B12 (Methylcobalamin).....	150 mcg
Choline Bitartrate.....	50 mg
Inositol.....	50 mg
PABA (Para-Aminobenzoic Acid).....	50 mg

Ingredients in this formula have been validated for potency and identity, and certified free of heavy metals, pesticides and solvent residues using:

- Inductively Coupled Plasma Optical Emission Spectrometer (ICP-OES)
- HPLCs with Diode Arrays UV-VIS Detectors / Refractive Index Detectors
- High-Performance Thin Layer Chromatography (HPTLC)
- Gas Chromatograph/Mass Spectrometer (GC/MS)
- Gas Chromatograph with Flame Ionization Detector (GC/FID)
- UV/VIS Spectrophotometer
- Near-Infrared Spectroscope (FT-NIR Spectrometer)
- Headspace Gas Chromatography (organic solvent residues)
- Microwave Digesting Unit
- Disintegration



**CHILL PILLS**

Sold exclusively to finer health food stores  
[www.newrootsherbal.com/store](http://www.newrootsherbal.com/store)

# ChillPills

Relax and  
 enjoy life again

CONQUER STRESS  
 WITH HEALTHY, ALL-NATURAL  
 CHILL PILLS.



## Understanding the nature of stress.

When most people think of stress, they connect it to certain events, such as injury or emotional let down. That's because when something happens to us, we evaluate the situation mentally. If we decide that the demands of the situation outweigh our skills to cope with it, we label the situation "stressful." With the constant pressure of deadlines at work, at home and even at play, it's not surprising that more and more people are finding it harder to cope.

STRESS CONTRIBUTES TO HEART DISEASE, HIGH BLOOD PRESSURE, STROKES, AND OTHER ILLNESSES, AND ALSO AFFECTS THE IMMUNE SYSTEM.

### CHILL PILLS can help:

- Promote mental resourcefulness
- Create synchronous, coherent, constructive brain activity
- Relax the central nervous system
- Calm stressful conditions and facilitate critical decisions

## The natural way to fight stress.

Historically, stress has been a cash cow for the pharmaceutical industry. From the 1970's "mother's little helper" Valium to side-effect laden Prozac and a host of anti-anxiety drugs like Xanax, Ativan and Paxil, North Americans are desperate for help battling stress. Thankfully, there's all-natural CHILL PILLS.

### How do CHILL PILLS work?

#### Holy Basil 10% Ursolic Acids

The primary active components, including eugenol, ursolic acid and rosmarinic acid, help regulate stress-related hypertension and calm the central nervous system.

#### Phellodendron 0.1% Berberine

Works especially well in combination with magnolia to help support normal levels of the cortisol and DHEA hormones in the body that promote the management of stress-related symptoms. Magnolia and phellodendron work by binding to stress receptors in the nervous system, to promote relaxation and feelings of well-being while ignoring receptors associated with sedation.

#### Royal Jelly 6% 10-HDA

Taken extensively to promote energy and health and is considered by many to be a potent antioxidant. Produced in the beehive for the nourishment of the queen bee, it is a complex substance that cannot be recreated synthetically by man. When examining its properties and considering the source of its documented benefits, many conclude that it is its high amino acid content that may make it such a special and rejuvenating substance.

#### Astragalus 3% Astragalosides

Astragalosides are the compounds in astragalus that act as adaptogens to protect the body and mind from physical, mental and emotional stressors. Stress is recognized as a significant risk factor in many illnesses, such as clinical depression and coronary heart disease.

#### L-Theanine

Creates an alert mind. Yet, while being alert, you will have a relaxed state of mind without feeling tired. Theanine is an amino acid that has been clinically proven to reduce stress and improve your quality of sleep. Theanine is a free-form amino acid found in the tea plant. It penetrates the blood-brain barrier of humans and exerts subtle

changes in biochemistry. Theanine can increase alpha waves, with its effects being compared to getting a therapeutic massage or taking a hot tub bath.

#### Rhodiola 5% Rosavins

An adaptogen that can help boost resistance to physical stresses and the illnesses that commonly follow an immune-system suppression, as well as high blood pressure and heart disease. Rhodiola has been categorized as an adaptogen, as it can increase resistance to chemical, biological, and physical stresses. The adaptogenic, cardiopulmonary protective, and central nervous system activities of rhodiola have been attributed primarily to its content of peptides such as beta-endorphins.

#### Passion Flower 4% Flavonoids and *Avena sativa*

Effective for stress, especially when combined. What makes these nervines beneficial is that they are strong relaxants and calmatives, but do not cause the "hang-over" side-effects and they also have nervous system "toning" and "restorative" properties.

#### Magnolia 80% Magnolol & Honokiol

Magnolia extract is standardized to 80% of the two potent phytochemicals honokiol and magnolol. These sister compounds are able to resist initial breakdown within the liver and cross the blood-brain barrier intact. Honokiol and magnolol modulate GABA receptors in the brain to effectively reduce stress and anxiety, without the sedating side effects of many classes of pharmaceutical drugs.

#### Ashwagandha Root 2.5% Withanolides

Has been used by Ayurvedic practitioners for over 3,000 years as a mood stabilizer and to support healthy immune system function. Ashwagandha, also known as "winter cherry," improves the body's ability to maintain physical effort and adapt to various types of stress.

#### Red Jujube

Also called Da Zao. In traditional Chinese medicine, it is considered to be sweet and sour in taste, and neutral in action. It is believed to nourish the heart yin, augment the liver blood, and most importantly for this formula, calm the spirit. It is also used to treat irritability, insomnia and heart palpitations.

#### B-Complex Vitamins

Considered the "anti-stress vitamins," they are a crucial component for the process of immune cell formation. B vitamins also form part of the fabric (myelin sheath) that insulates nerve fibers to shield them from stressful conditions.

### Suggested Use

As a dietary supplement, take 1–2 capsules daily as needed or as directed by your health care practitioner.

