



N3

Relaxa



Brain



Hormone



Immunity

KEY INDICATIONS

- Ongoing anxiety without wanting to feel sedated
- Performance stress at work, school, or athletics
- Stress-related muscle tightness (neck, shoulders, jaw)
- Trouble “turning off” racing thoughts
- Difficulty falling asleep due to mental overactivity
- Irritability or short temper under pressure
- Mental fatigue combined with physical tension
- Feeling “wired but tired” during stressful periods

HOW IT WORKS

N3 – Relaxa supports autonomic balance by promoting inhibitory tone and reducing excessive sympathetic activation. It helps stabilize neural signaling during stress, encouraging physiologic relaxation without impairing clarity or performance. By reinforcing stress adaptation and calming excitatory overdrive, it supports improved emotional steadiness, restorative sleep readiness, and resilience under cognitive or environmental demands.

CLINICAL PEARLS

- Pair with **DREM** for times of anxiousness preventing sleep.
- Combine with **Ga – Adrenal** in stress-driven cortisol patterns.
- Consider pre-event dosing for performance calm without drowsiness.



SUPPLEMENT FACTS

Serving Size: 1 capsule Servings: 60

	Amount Per Serving	%DV
Niacin (Vit B3)	4.5mg NE	28%
Calcium (Malate)	5mg	<1%

Proprietary Blend 370mg *

Tayuya (Root); Blue Vervain (Herb); Valerian Root (Extract); Senna (Leaves); L-Methionine; Kola Nuts; Passion Flowers; Saw Palmetto (Herb); Sete Sangrias (Herb); Yarrow (Flowers); Pulsatilla (Herb); Mandrake (Root); Mormon Tea (Herb); Stone (Root); L-Tyrosine; L-Tryptophan; Lobelia (Herb)

*Daily Value not established.

Other Ingredients: Dextrose (Organic Grape), Cellulose, and Leucine.

KEY INGREDIENTS & BENEFITS

Niacin (Vitamin B3), Calcium (Malate): Supports cellular energy production, vascular tone, and metabolic enzyme function. Niacin contributes to NAD⁺-dependent pathways involved in mitochondrial respiration and detoxification processes.

Tayuya Root, Sete Sangrias, Yarrow Flower: Provides botanical lymphatic and detoxification support to promote fluid balance and systemic clearance pathways.

Blue Vervain, Passion Flower, Valerian Root Extract, Pulsatilla: Supports nervous system regulation, neuromuscular relaxation, and balanced autonomic tone.

L-Methionine, L-Tyrosine, L-Tryptophan: Provides amino acid precursors for methylation, neurotransmitter synthesis, and hepatic detoxification signaling.

Kola Nut, Mormon Tea, Lobelia: Supports circulatory activation and metabolic stimulation to promote energetic flow.

Saw Palmetto, Senna Leaf, Mandrake Root, Stone Root: Supports elimination pathways, gastrointestinal motility, and pelvic-lymphatic drainage.

INSTRUCTIONS

Maintenance dose: 2 capsules daily, or as needed

Therapeutic dose: 2 capsules twice daily

ALLERGEN & DIETARY INFO

- cGMP Facility
- Non-GMO

SAFETY & CONTRAINDICATIONS

- Use cautiously in individuals taking serotonergic medications (SSRIs, SNRIs, MAO inhibitors) due to L-tryptophan content. Monitor for signs of excess serotonergic activity.
- Use cautiously in individuals with bradycardia or hypotension, as GABA-modulating nerve botanicals may enhance parasympathetic tone and modestly lower heart rate or blood pressure.

Updated: 2/27/26



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