

Max Relax



Clinical Applications

- Promotes Relaxation and Mental Calm*
- Supports Inhibitory Neurotransmitter*

Max Relax is a formulary blend of nutrients, botanicals, neurotransmitters and neurotransmitter precursors designed to support calming brain activity and a reduction of stress-related hypervigilance (an increased state of sensory sensitivity or watchfulness where a person is constantly tense or on guard).

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

Max Relax is a potent blend of nutrients, neurotransmitters, and botanical extracts designed to promote relaxation and mental calm. It is ideal for individuals who, on occasion, face the following: difficulty handling psychological stress, an increased state of sensory sensitivity or watchfulness, or a feeling of being “on guard.” The ingredients in this product may assist with a healthy mood, and support greater feelings of tranquility, satiety, and satisfaction.

This product may be beneficial for individuals who experience occasional anxiety or are easily frustrated or agitated. It may also be helpful for those who sometimes turn to food when feeling emotionally or psychologically overwhelmed.

Max Relax includes:

Gamma-amino butyric acid (GABA) – is the premiere calming neurotransmitter; it helps support a healthy response to emotional stress and may help calm anxious thoughts and intermittent overstimulation and excitation in the brain.

L-Theanine, Taurine, Chamomile – Amino acids and flower extracts that may aid in bringing calm and relaxation. Chamomile has been shown to promote calmness without impairing memory or causing drowsiness.

5-HTP is a precursor to serotonin, commonly called a “feel good” neurotransmitter due to its role in promoting a positive mental outlook and a sense of wellbeing. Serotonin, in turn, is the precursor to melatonin, a hormone involved in regulating healthy circadian rhythm (the body’s 24 hour clock) and supporting restful sleep.

Vitamins B6 and B12 are included as required cofactors for the biochemical reactions that convert 5-HTP to serotonin and produce other accessory neurotransmitters.

Phosphatidylserine (PS) – An essential nutrient for brain health, PS helps to reduce the adverse effects of elevated cortisol, the “fight or flight” stress hormone. It also contributes to proper neuron membrane structure, which facilitates effective cell signaling and response to neurotransmitters and hormones.

Magnesium, Inositol – These are natural calming agents that may help promote a state of relaxation. The mineral magnesium, one of the body’s most important minerals, is a natural muscle relaxer, which may benefit individuals who face periods of being physically tense from time to time.

***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.**



Distributed by: Adaptogen Research
625 Barksdale Road, Suite 113
Newark, DE 19711

Max Relax



Supplement Facts

Serving Size 2 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin B-6 (as Pyridoxal-5-Phosphate)	2.5 mg	147%
Vitamin B-12 (as Methylcobalamin)	1000 mcg	41667%
Magnesium (as Di-Magnesium Malate)	75 mg	18%
Inositol	400 mg	*
Taurine	300 mg	*
Chamomile (<i>Matricaria chamomilla</i>)(flower)	200 mg	*
gamma-Aminobutyric acid (as PharmaGABA®)	100 mg	*
L-Theanine	100 mg	*
5-HTP (5-Hydroxytryptophan)	50 mg	*
Phosphatidylserine (from sunflower lecithin)	50 mg	*

*Daily Value not established.

Other Ingredients: Cellulose (capsule), silicon dioxide, vegetable stearate.

Suggested Use

As a dietary supplement, take two capsules per day, or as directed by a health care practitioner.

Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.



***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.**

Distributed by: Adaptogen Research
625 Barksdale Road, Suite 113
Newark, DE 19711