



diccico battista
COMMUNICATIONS

Reverb: Public Relations

News Makers

Hyland's | *Natural Solutions* 10/10/10



Supplement Guide

OUR EDITORS' PICKS FOR THE BEST ANTI-ANXIETY FORMULAS

COUNTRY LIFE STRESS SHIELD: A blend of natural stress busters and mood enhancers, including inositol, which balances serotonin. \$23, 60 capsules; country-life.com

GAIA HERBS SERENITY WITH PASSIONFLOWER: Made with herbs that are known to promote calm, including kava. \$26, 60 capsules; gaiaherbs.com

HYLAND'S CALMS FORTÉ: A homeopathic blend of botanicals—including passionflower, hops, and chamomile—that target nervous tension and sleeplessness. \$9, 100 tablets; hylands.com

IRWIN NATURALS STRESS-DEFY: This formula helps promote a healthy stress response, with magnesium for mood and L-theanine for increased mental clarity. \$30, 84 capsules; irwinnaturals.com

PETER GILLHAM'S NATURAL VITALITY NATURAL CALM, THE ANTI STRESS DRINK: This magnesium-based supplement powder mixes easily with water to help boost mood and ease stress. \$22, 8 oz; petergillham.com

RAINBOW LIGHT BUSY BRAIN RELEASE: This blend includes GABA and L-theanine, which are said to help calm the mind. \$24, 60 tablets; rainbowlight.com