

1. What benefits do Mannatech's Stress Support gummies have to offer?

They are fast-acting and taste great! Beneficial ingredients include L-Theanine, a calming element found in green tea; Lemon Balm, a perineal plant known for its uplifting and calming effects; and GABA (Gamma-Aminobutyric Acid), the most common inhibitory neurotransmitter in your central nervous system. GABA serves to block chemical messages, such as the stress hormone, cortisol and help calm nerves in the brain. Together, they work to help soothe stress and tension, helping to improve your focus and mood.* Vitamins A, C, D and E, and Zinc help to support your cardiovascular, immune system, eye, brain, skin and bone health for added essential benefits.* Stress Support gummies also include Mannatech's exclusive pure Costa Rican Aloe vera, Manapol® powder, which supports your immune system.* Mannatech's Stress Support gummies help support happier days that makes for a healthier you!*

Stress Support Benefits:

- May help support healthy cortisol levels.*
- Can help minimize feelings of stress and mental tension.*
- Can help promote calmness.*
- Provide Zen after normal day-to-day activities.*
- Support mood and focus.*
- Can help calm and soothe the nervous system.*
- Can help soothe restlessness.
- May support cardiovascular, immune system, eye, brain, skin and bone health.*

2. How does less stress affect my health?

The ability to remain focused, calm and less stressed is vital in your optimal daily output and also your long-term health.* Stress can affect your immune system, which can benefit from additional support.¹ Poor coping mechanisms for stress may also result in poor sleep quality, binge eating and less motivation to move and exercise. However, improved mood and mental coping skills can help people stay healthier by supporting the normal amount of cortisol and can be important for helping ensure good brain and heart health.² These fast-acting gummies taste great and help you have a good day!*

3. When should I consume Stress Support gummies?

Take 3 gummies once daily (at any time of day), with or without food.

4. Can I take more than the recommended gummies per serving?

We do not recommend exceeding the number of gummies stated per serving. Stress Support gummies deliver an effective dose of active ingredients; taking more than a daily serving is not recommended.

5. What ages are Stress Support gummies appropriate for?

They are recommended for ages 18 and up only.

6. Will I experience drowsiness?

We have formulated with ingredients at optimal functional levels so that the effect is beneficial stress management and help with improved mood and focus.* You should not experience daytime drowsiness, but if you find that you do, discontinue use, and speak to your doctor.

7. Is there gelatin in Stress Support gummies?

No. Stress Support gummies do not contain gelatin, they are made with real fruit pectin, giving them the perfect gummy texture, as well as the healthy benefits of pectin!

8. What are Stress Support gummies sweetened with?

These great tasting, sour cherry gummies are sweetened with tapioca syrup and cane sugar. Stress Support gummies contain the equivalent amount of sugar as half approximately ½ of a banana.³

¹<https://www.heart.org/en/news/2021/02/25/why-experts-say-a-good-mood-can-lead-to-good-health>

²<https://health.gov/myhealthfinder/health-conditions/heart-health/manage-stress>

³<https://fdc.nal.usda.gov/fdc-app.html#/food-details/173944/nutrients>

*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.