Be Stress-free & Sleep well

Use the Power of Passionflower
**Stress**

We often find it difficult to relax. We wear ourselves out, between our work, partner, family... Our own needs are often neglected. Even our children are susceptible to pressure to perform at school.

**Why are we always under stress?**

**Possible causes:**

- Pressure to perform
- High expectations of others
- Family needs
- Stressful situations such as stage fright, exam stress, and personal conflicts
- Triple stresses of family, job and our own needs

**Benefit from the power of passionflower in PASCOFLAIR®**
How high is your stress level?
Take this quiz...

1. I do not get restful sleep. I have difficulty falling asleep and I don’t feel rested in the morning.
   - Never or rarely
   - Sometimes
   - Frequently

2. I suffer from symptoms such as headaches, neck and back pain, abdominal pain, indigestion or sweating.
   - Never or rarely
   - Sometimes
   - Frequently

3. I experience lack of concentration, my daily work is impaired.
   - Never or rarely
   - Sometimes
   - Frequently

4. I feel restless and cannot sit still.
   - Never or rarely
   - Sometimes
   - Frequently

5. I do not have my emotions under control. I get upset easily.
   - Never or rarely
   - Sometimes
   - Frequently

Evaluations:

Never or rarely = 1  Sometimes = 2  Frequently = 3

5-7  You seldom have stress. Essentially, there is no treatment required. Enjoy your life. If you notice symptoms which have not been considered in this test, however, you should not ignore them.

8-12  You have an increased level of stress. Occasionally, you have stressful phases, although you deal with these well. Monitor whether these stressful phases increase.

13-15  Your stress level is high. This situation can limit your performance and your ability to concentrate. Uncertainty and anxiety may appear.

In sudden stressful situations, passionflower extract can help you in 30 minutes, even after just one dose.[1]

We recommend that you ask your natural health practitioner for further advice.

TIP

You will find a lot of information and a detailed Stress Test at:
www.passion-flower.ca
Scientific Studies

Passionflower extract calms you before a stressful event\[1\]

In a double-blind, placebo-controlled study, a marked difference in the degree of anxiety between the placebo and the passionflower was able to be measured after just 30 minutes.

Passionflower’s mechanism of action

Nervous restlessness, anxiety and running thoughts indicate a lack of messenger substances (GABA) in the brain.

The passionflower in PASCOFLAIR® has been found to have a positive effect on GABA reuptake.\[4\]


A well-studied herbal for relaxation

Trouble Sleeping? Can’t Relax?
• Running thoughts
• Exams and job interviews
• Stage fright
• Travelling by air

Passionflower
• Works within 30 minutes to calm the brain
• Improves sleep onset due to stress
• No hangover effect
• Proven over centuries

Safety Data
• No known drug interactions
• No toxic effects
• No known dependency potential
• Excellent tolerance

Your trusted partner during stressful times:
PASCOFLAIR®
• Better sleep
• Be more productive
• Relieve stress
• Regain confidence
Second to none!

PASCOFLAIR® contains a high-dose passionflower extract

✔ Work within 30 minutes[2]
✔ Highest dose per tablet on the market
✔ Fully registered with Health Canada
✔ GMO-free and Gluten-free

Dosage:
Adults and children aged 13 years and older:
1 tablet 1–2 times daily

www.passion-flower.ca

For complete product information see product info insert or ask your health care provider.