

## PRODUCT INFO

# CONFIANZA™

## ANTI-STRESS FORMULA WITH NATURAL ADAPTOGENS†

60 Tablets

It's easy to keep calm and carry on with Confianza™—a mood-optimizing formula that supports your physical, mental, and emotional health by keeping stress levels in check.† Using a unique blend of adaptogenic ingredients, Confianza helps you stay focused, level-headed, and balanced, so you're better prepared to avoid negative effects from stress, like occasional overindulgence, poor digestion, and mental and physical depletion.† So, take a chill pill—and see how much more you accomplish.

- Uses Eleuthero Root Extract and Golden Root Extract to invigorate your body while increasing its resistance to stress†
- Stimulates your energy, endurance, and physical performance with Schisandra Fruit Extract†
- Pushes the limits of occasional fatigue by sustaining mental, physical, and emotional energy longer†
- Improves and sustains mental focus and concentration†
- Helps restore balance to your mind, body, and mood†



### Supplement Facts

Serving Size: 2 tablets

Servings Per Container: 30

	Amount Per Serving	%DV
Calcium	170 mg	13%
<b>Proprietary Blend:</b>	933 mg	**
Epimedium (aerial parts) extract ( <i>Epimedium sagittatum</i> ) (10% icariins), Eleuthero root extract ( <i>Eleutherococcus senticosus</i> ) (0.8% total eleutherosides), Golden root extract ( <i>Rhodiola rosea</i> ) (1% total rosavins), Schisandra fruit extract ( <i>Schisandra chinensis</i> ) (9% schisandrins), Puncturevine (whole plant) extract ( <i>Tribulus terrestris</i> ) (45% saponins)		
**Daily value (DV) not established.		

**Other Ingredients:** Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silica and pharmaceutical glaze.

### SUGGESTED USE

Adults: Take 2 tablets daily as a dietary supplement.

Drink at least 8 glasses of water daily.

### CAUTION

Consult your physician if you are pregnant, nursing, taking medications, or have a medical condition.

### WARNING

Keep out of reach of children. Protect from heat, light, and moisture. Store at 15-30°C (59-86°F). Do not use if tamper-evident seal is broken or missing.



†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.



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### FREQUENTLY ASKED QUESTIONS

#### Why should I take Confianza?

Confianza uses naturally sourced adaptogens to help you handle stress in a healthy way—whether you need focus and productivity during your day or toned-down energy at night, Confianza provides balance for your body and brain.† Stress is inevitable, but when combined with Confianza, you'll stay calm under pressure and have help fighting off physical, mental, and emotional fatigue.† Other occasional side-effects of stress, like binge-eating and emotional overreactions, can become easier to control with the sustained, balanced energy you'll feel from Confianza.† Take a chill pill and enjoy focused, calm days and tranquil, restful nights.†

#### When and how should I take Confianza?

Include Confianza in your daily routine to keep stress in its place, taking two tablets in the morning to maximize alertness and productivity.† You'll experience sustained energy throughout your day that helps improve focus and physical performance while decreasing fatigue.† By the end of the day, Confianza calms your energy to help your mind and body adjust for the evening. Most will notice an immediate change when taking Confianza—but if your lifestyle is fueled by stress, allow several days for your body to adjust to a healthier balance.

#### What are adaptogens and how can they help me?

Adaptogens are herbal, plant-based superfoods renowned for adapting—and even flourishing—in challenging, ever-changing environments. As such, they provide us with many of these same, adaptive benefits when we encounter stress. The ingredients in Confianza help restore balance within your body, allowing you to overcome stress in your life while maintaining energy and remaining focused.†

#### What are some of the key, adaptogenic ingredients in Confianza?

Some of the key ingredients in Confianza include:

- **Eleuthero root extract** – Helps your body adapt to stress while stimulating and increasing nervous-system function†
- **Golden root extract** – Also known as Arctic root or Rhodiola, increases stress resistance and allows you to cope better in stressful times†
- **Schisandra fruit extract** – Used for centuries in natural healing to increase energy, physical performance, and endurance†

#### How does stress affect my body?

When your stress hormones are imbalanced, they can negatively impact the way you feel, look, think, and perform. You may feel mentally drained, have less physical energy and a diminished sex drive, experience trouble sleeping, feel digestive discomfort, start “stress-eating”, and more. That’s where the adaptogens in Confianza can assist—they’ll help bring balance to your mind and body and reset your stress.†

#### Can I give Confianza to my children?

Confianza is recommended only for adults ages 18 years and older.

#### Can I use Confianza if I’m pregnant, nursing, or have ongoing medical conditions?

Before using any new product, you should always consult your physician to find out if it is safe for you.

