



vifraIntegra®  
*Healthy & Natural*



## What it is?

Relax is a food supplement containing Passionflower formulated to help people cope with chronic stress resulting from overall hectic life. This supplement helps to manage stressful situations of various kinds, which go on for a long time and which lead to the predisposition to a series of inflammatory and oxidative pathologies.

## An innovative Formula

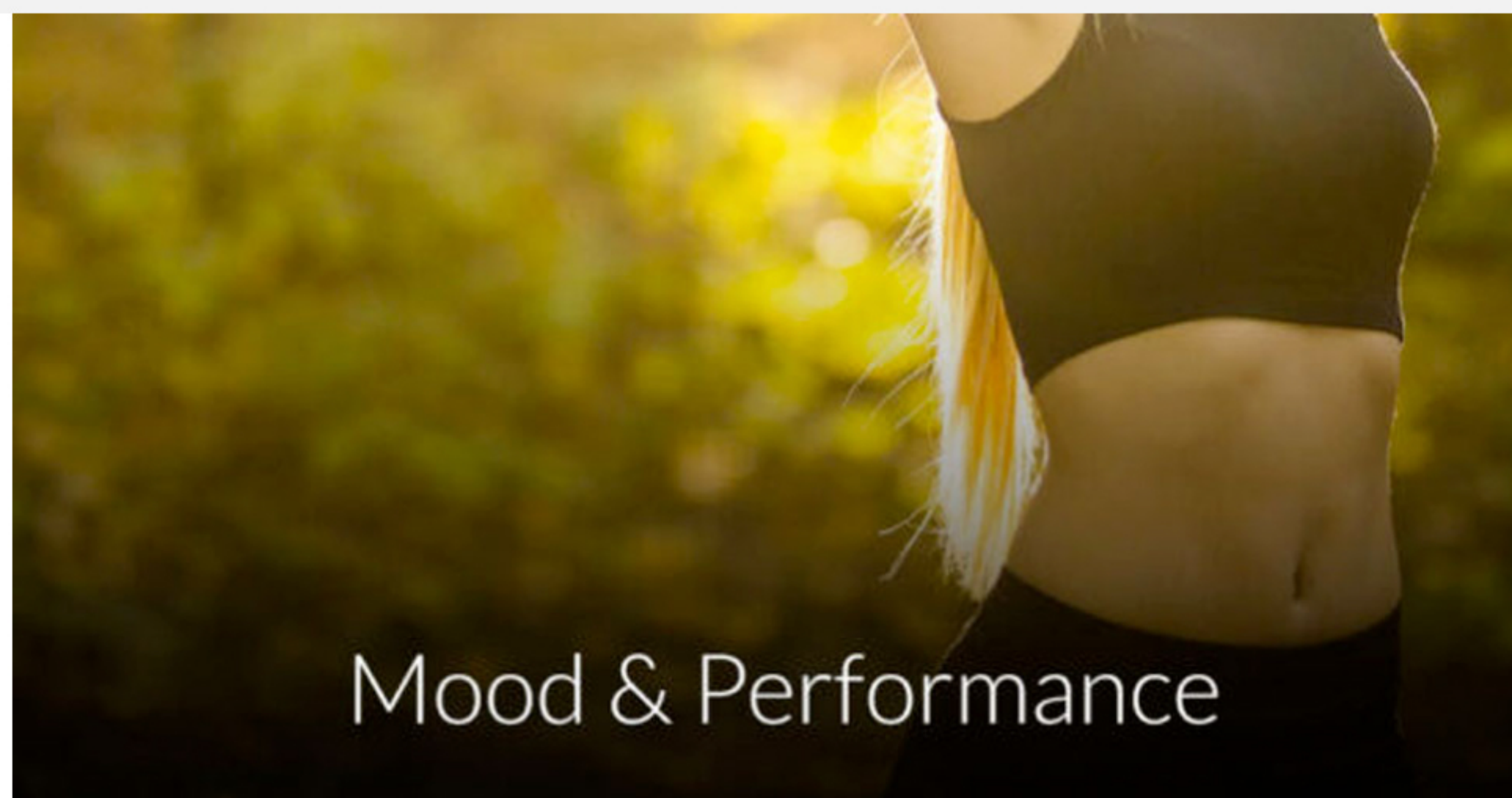
**PASSIFLORA** (Passionflower) is a plant with powerful calming properties and it is effective in counteracting insomnia. During the First World War, passionflower was given to soldiers as a natural relaxing treatment to counteract states of anxiety thanks to the numerous flavonoids (such as hyperoside and vitexin) it contains, some of which bind to brain receptors for benzodiazepines, which are well-known drugs for their anxiolytic and sedative activity. It is also rich in benzoflavones, glycosides, indole alkaloids and essential oil. All these substances together give to Passiflora a calming action on the central nervous system, in particular on the motor area of the spinal cord and on the sleep centers. It also acts on the smooth musculature present in the human body at the level of internal and hollow organs, such as stomach, intestines and bronchioles.

**WITHANIA SOMNIFERA** known in Ayurvedic medicine as Ashwagandha, is a shrub herbaceous constituted by some active ingredients capable of producing a general improvement in physical and psychic conditions. Also known as Indian Ginseng, thanks to the active ingredients, known as withanolides, it mainly acts as an adaptogenic herbal remedy capable of producing a general improvement of physical and mental conditions thus optimizing the resistance of the organism towards the various psychophysical stress to which it is potentially subjected and also helps to regulate metabolic functions and cognitive abilities.

**GROUP B VITAMINS** have the task of transforming the food we eat into energy, so they are often recommended to combat fatigue, not only physical but also mental. Actually, energies are not only necessary to carry out all the activities our body carries out, but also have mental functions. The synergy between all active ingredients present in the formulation brings a significant benefit in controlling anxiety and stress, promoting a general relaxation of the organism, thanks also to the association of the phytocomplex of Withania and Passiflora. The body gets a feeling of general well-being, improving, among other things, night rest and concentration.

## To whom it is recommended

**RELAX** is indicated for various types of problems with a common denominator: stress, which can cause cardiovascular problems related to insomnia, depression, up to premature aging.



Mood & Performance