



 **Standard
Process®**

Maintaining Positive Mental Well-Being

Millions of people experience many conditions that affect their mental well-being. Temporary stress can affect a person's ability to function in everyday activities. It can trigger a change in mood, loss of energy and appetite, lack of concentration, and feelings of physical lethargy and anxiety. Some of the physical manifestations people experience when mental well-being is temporarily compromised include headaches, oversleeping or temporary difficulty sleeping, indigestion, and weight loss or gain, along with other conditions.

Some ways to keep a tranquil mental state are to get plenty of exercise, spend time outdoors, talk to others, and receive the right nutrition. Standard Process offers many products that provide the nutrition needed to keep the body and central nervous system healthy so one can achieve positive well-being and inner harmony.

Orchex[®] contains a number of natural nutrients taken from the male bovine reproductive gland in a medium called Cytosol[™] extracts. The products made with Cytosol[™] extracts contain, among other nutrients, specific substances that are produced in a particular gland, such as acids, enzymes, hormone precursors, etc. The combination of mineral complexes, orchic Cytosol[™] extract, and other important ingredients in Orchex work together as a potent calmate to promote and help maintain balanced function of the central nervous system.*

Min-Chex[®] contains unique ingredients to help keep the nervous system healthy. Iodine regulates normal physical and mental growth and development. In addition, B complex vitamins aid in energy production and help maintain emotional balance.*

St. John's Wort-IMT[™] helps maintain emotional balance and calm feelings. Health care professionals in many parts of the world use St. John's wort to stabilize mood. Inositol, in similar fashion, works to bring about greater emotional tranquility and boost the ability to remain calm when the nervous system is operating at peak efficiency. Kelp, a source of B complex vitamins, helps support healthy brain function.*

Min-Tran[®] contains mineral complexes from pure vegetable sources, including kelp, calcium, and magnesium, to promote emotional balance and maintain inner harmony.*