

Chapter 1 : Zen Life Supplements Reviews [UPDATED]: Does It Really Work?

Like drugs, dietary supplements have risks and side effects. But sellers aren't required to do research studies in people to prove that a dietary supplement is safe. And unlike drugs, dietary supplements are mostly self-prescribed with no input from informed medical sources like doctors, nurses, or pharmacists.

Stress causes the adrenal glands to secrete cortisol. The adrenals are small triangular shaped glands located on top of each kidney. The pituitary gland, located in the brain, stimulates the adrenal glands to produce a variety of hormones such as cortisol. In response to chronic emotional or physical stress, the adrenal glands constantly secrete cortisol; over time the adrenals become fatigued and produce less cortisol, which causes general malaise and an inability to cope with stress. Certain adrenal supplements can support adrenal function and lessening adrenal fatigue; however, they can cause side effects. Video of the Day Sleep Disturbances Adrenal supplements, such as rhodiola rosea, licorice and adrenal extracts, promote the function of the adrenal glands. Promotion of function; however, can lead to sleep disturbances such as insomnia. Insomnia is defined as difficulty falling asleep and staying asleep more than three days per week. The stimulatory effect of adrenal supplements causes nervous system excitement that prevents relaxation and sleep. Therefore, temper your dose if sleep disturbances occur and consult a physician before taking adrenal supplements. Mineral and Hormonal Effects Licorice, an adrenal supplement, lowers potassium levels; a low potassium level causes muscle spasms, irregular heart rate, nausea, vomiting and weakness. Licorice also alters estrogen levels; therefore, if you are taking birth control pills, do not take licorice root extract, since it will prevent estrogen absorption. Gastrointestinal Upset All adrenal supplements, adrenal extracts in particular, can cause gastrointestinal upset, such as nausea and vomiting. Adrenal extracts are typically derived from the adrenal glands of cows, sheep and pigs; therefore, adrenal extract capsules contain dried adrenal gland tissue. The potency of adrenal extracts can cause stomach and intestinal irritation; therefore, begin using adrenal gland extract in small doses. Prescription Interference Licorice root can alter the effects of some prescription medications and can prevent the liver from breaking down and excreting medication, thus causing increased side effects from prescription medications and toxicity. Consult your physician before taking licorice if you regularly take prescription medications. Masculization In addition to cortisol, the adrenal glands also produce dehydroepiandrosterone, or DHEA, a hormone that produces both estrogen and testosterone. DHEA is available as a supplement, which is thought to support adrenal gland function; however, in doses between 50 and mg per day, DHEA can cause the maculinization of the body, according to the University of Michigan Health System. DHEA, in high doses, promotes the production of testosterone; therefore, women grow facial hair, increase sweating and develop acne. Consult a physician before taking DHEA. Mood Effects All adrenal gland supplements can affect the levels of adrenal gland hormones such as cortisol, epinephrine and norepinephrine. Raising levels of these hormones can lead to increased irritability, anxiety and restlessness. Patients with bipolar disorder are advised to avoid adrenal supplements because they can interfere with hormones related to mood and can adversely alter the effects of prescribed medications.

Chapter 2 : Multivitamin (Metanx & Poly Vi Sol) - Side Effects, Dosage, Interactions - Drugs - Everyday He

One of the biggest problems with dietary supplements and risks are not the actual, active ingredients www.nxgvision.com, the real issue are toxic contaminants, which are quite frequently contained in nutritional supplements, representing one of the more serious risks of taking dietary supplements.

Sign up now Herbal supplements: Do your homework before you buy. By Mayo Clinic Staff Echinacea to prevent colds. Ginkgo to improve memory. Flaxseed to lower cholesterol. The list of herbal remedies goes on and on. Herbal supplements, sometimes called botanicals, are one type of dietary supplement available for purchase. Yet all herbs â€” including herbal supplement products labeled as "natural" â€” can have medication-like effects. Anything strong enough to produce a positive effect, such as lowered cholesterol or improved mood, is also strong enough to carry risk. And be sure to talk with your doctor, especially if you take medications, have chronic health problems, or are pregnant or breast-feeding. Are herbal supplements safe? Herbal supplements are regulated by the FDA, but not as drugs or as foods. They fall under a category called dietary supplements. The rules for dietary supplements are as follows: An example of a specific medical claim might be, "This herb reduces the frequency of urination due to an enlarged prostate. These regulations are intended to keep the wrong ingredients and contaminants out of supplements, as well as make sure that the right ingredients are included in appropriate amounts. The FDA is responsible for monitoring dietary supplements that are on the market. If the FDA finds a product to be unsafe, it can take action against the manufacturer or distributor or both, and may issue a warning or require that the product be removed from the market. These regulations provide assurance that: These products can pose unexpected risks because many supplements contain active ingredients that have strong effects in the body. For example, taking a combination of herbal supplements or using supplements together with prescribed medications could lead to harmful, even life-threatening results. The FDA requires that the labels of all herbal supplements include this information: The database has information on the ingredients for thousands of dietary supplements sold in the United States. You can look up products by brand name, uses, active ingredient or manufacturer. So be a smart consumer. To get reliable information about a particular supplement: Ask your doctor or pharmacist. Look for scientific research findings. Both have websites that provide information to help consumers make informed choices about dietary supplements. If you have questions about a specific product, call the manufacturer or distributor. In fact, in some high-risk situations, your doctor will likely recommend that you avoid herbal supplements altogether. Some herbs can cause serious side effects when mixed with prescription and OTC medications, such as aspirin, blood thinners or blood pressure medications. Talk to your doctor about possible interactions. Medications that may be safe for you as an adult may be harmful to your fetus or your breast-feeding infant. Many herbal supplements can affect the success of surgery. Some may decrease the effectiveness of anesthetics or cause dangerous complications, such as bleeding or high blood pressure. Few herbal supplements have been tested on children or have established safe doses for children. And older adults may metabolize medications differently. Keep track of what you take. Make a note of what you take â€” and how much for how long â€” and how it affects you. Choose your brand wisely. Stick to brands that have been tested by independent sources, such as ConsumerLab. Check alerts and advisories. The FDA maintains lists of supplements that are under regulatory review or that have been reported to cause adverse effects. Check the FDA website periodically for updates.

Chapter 3 : Risks and side effects of dietary supplements

These products can pose unexpected risks because many supplements contain active ingredients that have strong effects in the body. For example, taking a combination of herbal supplements or using supplements together with prescribed medications could lead to harmful, even life-threatening results.

Have you tried this product? Bait and switch Cheryl Verified User Transitions Lifestyle does in fact offer prepackaged meals, as you can see on their website. Reply Nicole Samples are giving at the overview to sample before purchase. Supplements are recommended based on a health profile they are not required but extremely helpful for faster results which is what most want, I know i do! My Vectra test went from a 51 to an 18! I love my new self! Thank you TLS and my coach!! Might want to take thing further and try this clinically proven weight-loss product Dietspotlight Burn. It burns fat and boosts energy; might take you to the next level. As a wellness coach, I use TLS with my clients, because it is customizable and easy to follow. It depends upon what you are looking for. Reply Anna Please note: The ingredients are science based! My clients are seeing great results from TLS system. I have personal testimonies! Tala Verified User My wife and I are on the last week of the 21 day challenge. Our eating habits have changed a lot. We have lost inches, and feel great. The detoxification we started with for 7 days, has returned my memory. That is my experience. Reply Loved the product. This weight management program works well with or without the supplements “ depends on how fast you want to lose. I have lost 10 lbs. They are accelerators “ the program is also excellent without it.

Chapter 4 : Nitric Oxide & Heart Health Supplements | Berkeley Life

Overview Information Taurine is an amino sulfonic acid, but it is often referred to as an amino acid, a chemical that is a required building block of protein.

Risks and side effects of dietary supplements Like drugs, dietary supplements have risks and side effects. And unlike drugs, dietary supplements are mostly self-prescribed with no input from informed medical sources like doctors, nurses, or pharmacists. Even for those who are usually well informed, it can be hard to find reliable information about the safe use and potential risks of dietary supplements. As part of its function to monitor supplement safety, the US Food and Drug Administration FDA tracks reports of illness, injury, or reactions from supplements. And supplement makers are required to report serious harmful effects to the FDA. Early numbers are reported on the FDA website. Recent FDA information shows that the number of reports has continued to climb each calendar year: Of these calls, more than 8, people were reportedly treated in health care facilities. More than cases were reported to poison control centers as having moderate to severe outcomes. This did not include electrolyte and mineral supplements, which accounted for another 2, people treated in health facilities, with moderate to severe reactions and 2 deaths reported to poison control centers. This means that the numbers we have are likely very low estimates of actual events. Used properly, certain dietary supplements may help reduce the risk of some diseases, reduce discomfort caused by certain drugs or conditions, or simply make you feel better improve your quality of life. And most people can use dietary supplements safely within certain dosage guidelines. But taking dietary supplements can be risky, especially for people who are getting cancer treatment. **Special problems for people getting cancer treatment** There are several ways that supplements can cause problems for people during cancer treatment. For example, some dietary supplements can cause skin sensitivity and severe reactions when taken during radiation treatment. People who are getting radiation treatments should talk to their doctors before taking any supplement. People getting chemotherapy may be at higher risk for drug interactions if they take dietary supplements. There is also concern that antioxidants might interfere with cancer cell-killing treatments. Cancer experts often recommend that patients avoid dietary supplements altogether until their cancer treatment is over. But if you decide to take supplements anyway, be sure to let your doctor know exactly what you are taking.

Chapter 5 : Side Effects Of Dietary Supplements | Top 10 Tips To Avoid Them

Harmful Effects of Diet Pills and Supplements. For individuals with a strong desire to lose or maintain their weight, diet supplements may seem like a magical solution.

These supplements primarily contain the hormone hydrocortisone. The supplements are available both as capsules and as injections. Along with the benefits of these supplements, their numerous side effects can cause serious risks to human health in cases of overdosing. Let us discuss the use and side effects of these extracts and supplements. Depletion of adrenal reserves in the body due to a poor lifestyle or chronic stress may lead to ill health and adrenal fatigue. This fatigue may be accompanied by symptoms of dizziness, tiredness, headaches, memory issues, fainting, and depression. If the adrenal glands fail completely due to fatigue, this crisis is an emergency requiring medical treatment. However, for suboptimal hormonal reserves caused due to fatigue, ACE supplements may be taken as capsules or as injections. However, a healthy lifestyle must be maintained along with the adrenal cortical extract supplements for long-term treatment of fatigue or any symptoms of adrenal fatigue. Treatment for adrenal fatigue varies according to the symptoms and condition of each patient. Accordingly, health experts prescribe proper dosage of these supplements. These supplements, in conjunction with other dietary supplements like vitamin C, vitamin B complex, and L-tyrosine etc. They are used for lowering blood pressure and for treating some autoimmune disorders. Side Effects of These Hormonal Extracts ACE supplements treat fatigue and various symptoms of exhaustion along with many other health conditions. Nevertheless, overdosing can cause some potential side effects. They are hazardous for pregnant women, with miscarriage being among the possible side effects. There are higher chances of significant side effects in people with any allergy or hypersensitivity to these extracts. Among other side effects, ACE extract supplements can cause the appearance of bacterial infection when taken as injections. This is one of the most serious side effects. It is advisable to seek expert advice before determining whether these extracts and supplements are right for you and whether they may cause any side effects.

Chapter 6 : Red Sumatra Kratom - How To Take Dosage - Effects - Duration Of Action

Life Extension is a global authority on nutrition, health and wellness. We supply only the highest quality nutritional supplements, including vitamins, minerals, herbs, hormones and anti-aging supplements.s3.

Multivitamins are used to provide vitamins that are not taken in through the diet. Multivitamins are also used to treat vitamin deficiencies lack of vitamins caused by illness, pregnancy, poor nutrition, digestive disorders, and many other conditions. Multivitamins may also be used for other purposes not listed in this medication guide. Never take more than the recommended dose of a multivitamin. Avoid taking more than one multivitamin product at the same time unless your doctor tells you to. Taking similar vitamin products together can result in a vitamin overdose or serious side effects. Seek emergency medical attention if you think you have used too much of this medicine. An overdose of vitamins A, D, E, or K can cause serious or life-threatening side effects. Certain minerals contained in a multivitamin may also cause serious overdose symptoms if you take too much. Do not take this medicine with milk, other dairy products, calcium supplements, or antacids that contain calcium. Calcium may make it harder for your body to absorb certain ingredients of the multivitamin. Many vitamins can cause serious or life-threatening side effects if taken in large doses. Do not take more of this medicine than directed on the label or prescribed by your doctor. Before you use multivitamins, tell your doctor about all your medical conditions and allergies. In some cases, you may not be able to use multivitamins, or you may need a dose adjustment or special precautions. Your dose needs may be different during pregnancy. Do not take multivitamins without telling your doctor if you are pregnant or plan to become pregnant. Some vitamins and minerals can harm an unborn baby if taken in large doses. You may need to use a prenatal vitamin specially formulated for pregnant women. Multivitamins can pass into breast milk and may harm a nursing baby. Do not use this medication without telling your doctor if you are breast-feeding a baby. [Back to Top Multivitamin Side Effects](#) Get emergency medical help if you have signs of an allergic reaction: When taken as directed, multivitamins are not expected to cause serious side effects. Less serious side effects may include: This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. [Back to Top Multivitamin Interactions](#) Avoid taking more than one multivitamin product at the same time unless your doctor tells you to. Avoid the regular use of salt substitutes in your diet if your multivitamin contains potassium. If you are on a low-salt diet, ask your doctor before taking a vitamin or mineral supplement. Do not take this medication with milk, other dairy products, calcium supplements, or antacids that contain calcium. Multivitamins can interact with certain medications, or affect how medications work in your body. Ask a doctor or pharmacist if it is safe for you to use multivitamins if you are also using any of the following drugs:

Chapter 7 : Herbal supplements: What to know before you buy - Mayo Clinic

Zen Life Supplement is an all-natural supplement that gives people who suffer from symptoms of anxiety and stress a safe alternative to prescription medication. Although this supplement has the ability to offer relief from stress and anxiety, users may need to take up to 6 capsules each day to achieve desired results.

This pro-active approach elevates dietary supplement safety and ensures that you will experience primarily health benefits from your nutritional supplements. Side effects, if present at all, will only be minor that way. Last but not least One of the prime facts about vitamins is that the health risks of dietary supplements are low. A fortunate consequence thereof is that the majority of side effects of dietary supplements are reversible and disappear, usually within a short time, once you stop taking the product or set of products. Take High-quality Nutritional Supplements At Science-based Doses When you buy dietary supplements you want to be in a situation where the benefits of supplements are as large as possible -and, respectively, the risks as low as possible. These unwanted substances can be a source, or a contributing factor, for side effects of dietary supplements especially over the long run because many contaminants add to your toxic load. To learn more about nutritional supplements and and the threats from contaminants review the article Health Risks From Dietary Supplements Contaminated Supplements Stick to high-quality pure vitamins and health supplements to eliminate this danger. By the way, taking pure vitamins, to avoid side effects of dietary supplements, also means taking GMO genetically engineered organisms free supplements see L-Tryptophan: Low-dose nutritional supplements, unlike high dose science-based supplements a. In a research paper the authors clearly stated: Since high-quality nutritional supplements are exceptionally safe, even at science-based high doses, and since both in vitro and in vivo experiments found that high-dose supplements multivitamins inhibit the growth of many different types of human cancer cells Prasad, et al. Particularly also since science-based high doses of nutritional supplements neither stimulate cell proliferation nor inhibit cell growth in healthy cells Prasad, et al. The selection and consumption of science-based, top-quality, high-dose nutritional supplements on a long-term basis are critical to obtain maximum health gains, and to avoid the great side effect of NOT receiving those benefits and to prevent the possibility of potential harm. Use A Multivitamin Supplement As A Foundation "The Orchestra Principle" As with any substance, whether natural or man-made, if it is used improperly it raises the risk for adverse events or side effects. For instance, everything has negative side effects if consumed at toxic levels, or for long enough. Excessive doses, for instance, are more likely to result in side effects of nutritional supplements. This is analogous to experiencing adverse events from a deficiency of certain vital nutrients. If there is a deficiency of a particular nutrient it can directly lead to cellular dysfunction, with systemic detrimental ramifications, such as impaired immunity Chandra, The most common reasons for nutrient deficiencies are a lack of nutrient intake by way of a poor diet, and factors that damage and drain vital nutrients e. Nutritional deficiencies are not just created by a lack of nutrition or the exposure to poisons. Adverse physiological dietary supplement interactions. For instance, an excess of certain vitamins or minerals can invoke a deficiency of other essential nutrients Watts, which can result in cellular dysfunction and in vitamin side effects. And certain nutrient deficiencies can promote excessive levels of other nutrients which also could contribute to adverse physiological events Watts, To quote David L. Watts, PhD, noting about minerals: High calcium intake depresses zinc, while high zinc levels can decrease copper levels Watts, Low copper utilization leads to an accumulation of iron stores Prasad, ; Watts, High vitamin D levels, by increasing calcium utilization, can depress magnesium and potassium absorption Hathaway, High levels of vitamin E may induce a deficiency of vitamin A because of an interference with the absorption of beta carotene a vitamin A precursor, a. This leads us to another area of potential problems with supplements Essential nutrients, such as vitamins, minerals, enzymes, and hormones, work synergistically or cooperatively with each other. The piecemeal fashion approach to supplementation increases the possibility that deleterious antagonistic relationships form among substances, which can lead to experiencing side effects of dietary supplements. To give a specific example, the longterm use of tryptophan supplements can invoke various types of disturbing health problems, as I described in Tryptophan Side

Effects: Generally, the risk of multivitamin side effects is smaller compared to the risk of adverse events from single element supplements. Another study Prasad, et al. Conceivably the strongest argument for the intake of a comprehensive multivitamin supplement is the fact that different nutrients e. Prasad, PhD, and his collaborators declared that: Human cells must have many essential nutrients, at sufficient amounts and at physiological beneficial ratios to each other, to function properly. It follows that, generally, it is biologically reasonable not to take just one or a few single element nutritional supplements in isolation. For example, your supplementation regimen should probably not consist of only a vitamin D and a calcium supplement. The human body needs a host of nutrients which work in combination with each other. The discoverer of vitamin B5, Roger J. Therefore, to get most health benefits and to avoid side effects of supplements Give it what it needs. Use multivitamin supplements, especially high potency multi vitamins. They are among the best health supplements you can take, period! A comprehensive, high-quality multivitamin-mineral supplement ought to be the foundation of any nutritional supplement regimen. Add single ingredient supplements as your particular health situation demands it. This basic supplement approach, reflecting your physiological needs, reduces the risk of experiencing negative side effects of dietary supplements, and, at the same time, it enlarges vitamin benefits. One of the facts about vitamin C, or ascorbic acid, is that it is a weak acid. Despite its low corrosion profile, taking chewable forms of vitamin C can, over time, lead to the erosion of tooth enamel, a hardy mineral layer protecting the integrity of your teeth Hausman, Analogously, after drinking orange juice one of the foods high in vitamin C or after having a drink made with ascorbic acid powder and water, it would make sense to rinse your mouth with plain water to wash away any of the remaining acid from vitamin C to avoid tooth demineralization. Take Nutritional Supplements With Food For the most part nutrients and ingredients used in formulas or compositions of vitamins and health supplements are elements or substances commonly found in food. What does this mean for you? Take your supplements when you eat food. Either with a meal or right after a meal. Supplement ingredients are usually micronutrients, such as vitamins, minerals, enzymes, and so forth. Food consists primarily of macronutrients, fats, proteins, carbohydrates, and water, requiring larger intakes. In order for macronutrients to fully work and benefit the cells of the human organism they require micronutrients which act kind of like catalysts or activators of physiological processes that involve macronutrients Mindell, Obey how your body is used to, or ideally needs to, receive its nutrients. As a whole array or plethora of nutrients, both macro-, and micronutrients. If you take food supplements on an empty stomach you are more likely to experience certain common side effects of dietary supplements, such as an upset stomach, diarrhea, bloating, and nausea. Taking your supplements with food minimizes, or prevents, the experience of a number of dietary supplement side effects Domrongkitchaiporn, et al. There are a few exceptions to this guideline but in almost all instances of supplementation this principle is valid. Follow Product Recommendations To prevent potential adverse side effects of nutritional supplements adhere to the recommended intake as stated on the product label. Generally, do not exceed product recommendations. However, under certain circumstances and depending on your individual health status higher dosages are called for to achieve a desired result. Stay at a lower dose, maybe at half or at a third of the total recommended dosage, and stay with it for a few days. Then, gradually, increase the dose until you are at the full recommended daily dose according to the supplement product label. This is another precautionary step which helps you to avoid potential negative effects of dietary supplements. After all, certain substances in supplements e. By starting a nutritional supplement program slowly, and building it up gradually, you can minimize or avoid such unwanted events. Ironically, one of the side effects of the improper use of nutritional supplements is not receiving benefits. The body can only experience benefits from supplements if it is allowed to or given a chance to do so. A continuous supply of these vital elements is critical for optimal physiological functioning and performance e. This calls for continuous daily supplementation, not a haphazard routine. The remodeling requires both macro-, and micro-nutrients. Because the body needs both time, energy, and adequate nutritive resources to rebuild itself, health gains, generally, do not become apparent overnight. Long-term, consistent supplementation is the biologically-sound approach to avoiding the surrender of health gains. Experimental studies, for instance, have demonstrated that the one-time application of low-dose antioxidants protect cancer cells from subsequent treatment with radiation therapy while the daily intake of

high doses of the same antioxidants over an extended time frame enhances, in conjunction with the therapy, the killing of cancer cells but not of healthy cells and reduces the radiation damage on healthy cells Prasad, If you review the numerous studies showing outstanding vitamin benefits, such as a reduced risk of cancer and mortality, discussed in another article of mine at 2 Big Lies: Supplements ought to be taken consistently i. This will greatly assist you in avoiding one of the greatest "side effects of dietary supplements": Certain types of supplement ingredients, particularly herbs and other botanicals, can interact deleteriously with a number of prescription drugs. Some nutrients, because of their specific physiological effects, could lead to complications during or after surgery. More details at Facts About Dietary Supplements: If You Take Prescription Drugs Use A High-Potency High-Quality Multivitamin Supplement This particular guideline should really be named how to avoid side effects of prescription drugs, rather than how to avoid side effects of dietary supplements. Pharmaceutical drugs are inherently toxic to the human organism largely because they are not biologically-innate substances. That is, drugs are not elements your body needs for health and life – unlike vitamins, minerals, and amino acids, for example. A lack of health is not because of a lack, or deficiency, of drugs floating through your body. As a matter of fact, drugs tend to deplete or destroy essential nutrients inside your body. This creates nutritional deficiencies which leads to adverse events or side effects. On the other hand The majority of supplement ingredients are inherently safe because they are innate substances essential to keep your body healthy and alive. A lack of health, especially the affliction of chronic diseases, more often than not is because of a lack, or deficiency, of essential nutrients. It follows that the magnitude of damage, both in frequency and severity, caused by drugs with their destructive impact on vital nutrients of the body, is multiple times larger than the harm inflicted by supplement ingredients on pharmaceutical drugs. The difference is like night and day. Therefore, the crux of research data suggests for more in-depth information about drug-induced nutrient depletion review Facts About Dietary Supplements:

The duration of action and desired effects form the intake of this product will rely on several factors. First, the quality of the kratom strain is of utmost importance. If you want to get the best results from the red vein Sumatra, buy the product from a reliable vendor.

If you prefer the most relaxing kratom strain, then your solution lies in Red vein Sumatra kratom. This strain has its roots in the Sumatra Islands in Indonesia. It has been used traditionally by the locals as a recreation drug. The strain continues to gain popularity in different parts of the world due to its unique properties. Its names are derived from its vein color and the region it was indigenously grown. This strain stands out as one of the best among the red kratom strains in regards to its duration of action and benefits. This could be the reason why its uses are gaining popularity across the world. Alkaloids in Red vein Sumatra kratom Kratom has over 30 alkaloids presents in its leaves. The main differentiating factor among the strains is the quantities of the different alkaloids present in the in the specific strain. This is what qualifies a strain to be sedative or stimulating among other top effects of kratom use. Red vein Sumatra strain has 7-hydroxymitragynine , Mitragynine , Corynantheidine, Mitraphylline, Iso mitraphylline, and Raubasine. Iso mitraphylline is responsible for the immunostimulating action, while Raubasine is the alkaloid that bears that antiadrenergic and Cerebro circulant properties. The antiadrenergic properties in this strain effect muscle relation and sedation. Let us consider some of the most commonly known uses of this strain. A remedy for insomnia Red vein Sumatra is highly sedative; this makes it ideal as a natural solution for insomnia. If you suffer from disturbed sleep or lack of sleep you need to take this product around 1- 2 hours before you go to bed. This will allow adequate time for the product to work on your system. Pain relief Due to the high levels of 7-hydroxymitragynine, this train of kratom has found its place as one of the best alternatives to painkillers. Since it is a natural product, the side effects associated with most analgesic drugs are limited. Works against stress and anxiety It has the capacity to help you relax and be free from stress. It is the perfect kratom strain to use after a hectic day or when you are on your off days. Boosting your mood This strain of kratom will assist in boosting your mood. It has the ability to work on your brain and help regulate your temperament. When used in the correct doses it will bring out a euphoric effect. Duration of Action Red vein Sumatra strands out among the rest of the kratom strains due to its ability to sustain its impact for long. Unlike most kratom strain whose effect lasts for around three hours, this strain can last for between hours. The long duration of action makes it the best strain for those with, depression and stress. Unlike the rest, its use will not result in exhaustion but a general feeling of relaxation. How to take Red vein Sumatra kratom Traditionally red vein Sumatra has been consumed by chewing the leaves or as kratom powder in herbal tea. Many online vendors will sell the product as other kratom powder or capsules. Dosage The duration of action and desired effects form the intake of this product will rely on several factors. First, the quality of the kratom strain is of utmost importance. If you want to get the best results from the red vein Sumatra, buy the product from a reliable vendor. Some vendors will sell expired or impure forms of this product. This will limit the desired effects expected from its ingestion. One way of locating a trustworthy vendor is by searching for online reviews from their past clients. The vendor must also have the relevant certification and license to operate the business. The level of the user will also determine the required dosage. Typically kratom dosage varies from one user to another. As a beginner, you will get the best results if you start with small doses as you progress to the ideal dose for your body. In this, you will avoid any side effects that can arise as a result of misuse of the product. It is essential to note that very high doses can result in addiction. If you realize that you are turning into addiction, it will be necessary to stop using the product for a while, then resume later. It is not advisable to take more than 5 grams for this train of kratom. Kratom Capsules If you intend to take capsules, note that most capsules in the market are size One of these capsules accommodates roughly 0. It means, if you want to take 1 gram you must ingest 2 capsules. This means you have to take several capsules if you are the seasoned user. When taking red vein Sumatra, remember the effects last for at least 10 hours. Side Effects Being a natural product, the side effects are minimal and will mainly be seen if the product is consumed in higher doses.

Chapter 9 : Lifepak Capsules Information from www.nxgvision.com

Licorice, an adrenal supplement, lowers potassium levels; a low potassium level causes muscle spasms, irregular heart rate, nausea, vomiting and weakness. Licorice also alters estrogen levels; therefore, if you are taking birth control pills, do not take licorice root extract, since it will prevent estrogen absorption.

Zen Life Supplements Review: How Safe and Effective is This Product? By Donna Fisher on Stress is a natural part of life. This can even lead to anxiety and other psychological disorders making it difficult to perform normal daily activities. There are many ways to deal with stress like exercising regularly, meditating and practicing relaxation techniques. There are also dietary supplements designed to address this particular problem. What Is Zen Life Supplements? The product is designed for stress and anxiety management but it offers many other benefits. According to the Zen Life Supplements website, it can relieve anxiety in as little as 15 minutes. It contains essential amino acids to stop anxiety and other mental issues caused by anxiety like insomnia. It increases the serotonin and dopamine production in the body to promote a feeling of relaxation and happiness. It contains 8 amino acids, herbs, vitamins and minerals for relieving anxiety. GABA is an amino acid that acts as a neurotransmitter which slows down the firing of neurons. This ingredient helps reduce racing thoughts when a person is panicking. It calms you down quickly to provide relief to anxiety. Studies indicate that it works within 60 minutes upon intake. L-theanine is also an amino acid that helps provide relief to anxiety quickly. Studies have shown that it works within 30 to 40 minutes upon intake. It works by promoting the production of serotonin and dopamine which are neurotransmitters that are known for enhancing feelings of happiness. Skullcap is a special herb that helps calm down the nervous system allowing the person to relax physically and mentally. Lemon balm is another special herb that has been used for centuries because of its powerful calming effect. It helps release tension and is widely used to prepare the body for bedtime. Holy basil has been shown to help in addressing adrenal gland abnormalities. Ashwagandha is included in the formulation of Zen Life Supplements because it also helps treat adrenal gland abnormalities. Studies have shown that it is effective in relieving anxiety symptoms but can also help prevent fatigue and memory loss. Magnesium enhances the effects of GABA helping the person calm down and it also reduces or eliminates racy thoughts that can cause anxiety. Zen Life Supplements claims to help provide fast relief to anxiety by supplying the body with essential amino acids namely GABA and L-theanine. It also contains herbs that promote relaxation and help fix adrenal gland abnormalities. This antidepressant for stress also contains ingredients that calm the nervous system and increase serotonin and dopamine production which are directly connected to feelings of happiness. It basically claims to help control stress and provides relief to anxiety. The product is intended for adults who are suffering from high stress levels. It is also for those who have anxiety and other anxiety-related problems like insomnia. The product may also be used by those who are suffering from simple cases of depression since it is designed to increase serotonin and dopamine production in the body. You can cancel anytime with the program. The stress and anxiety management supplement is worth purchasing but it is pretty expensive when compared to similar products being sold on the market. Then again, the active ingredients are backed by clinical data. Final Verdict Aside from the high price of Zen Life Supplements and the fact that it has not undergone clinical testing for safety and effectiveness, it is a good product. There are many satisfied users who say it is really effective and has helped with their anxiety. However, there are a lot of cheaper best working antidepressants on the market that may even be more effective. She has also published eBooks and edited several other books, as well as many blog posts, catalog descriptions, and website content. Several of her pieces have made the first page of browsers. In addition, she is a beta reader for several leading novelists. You can connect with her on LinkedIn.