Is your hectic lifestyle making you feel stressed or overwhelmed? You’re not alone! A recent “Stress in America™: Paying with Our Health” report from the American Psychological Association (APA) confirms that more people than ever in the United States deal with daily stress. The APA report shows that while overall stress levels have decreased slightly, reports of occasional stress in parents, young adults, and those living in lower-income households (i.e., making less than $50,000 per year) have increased.
As the graph shows, millennials and members of Generation X reported significantly higher levels of daily stress than the general U.S. population.

At 4Life®, we believe in a daily stress management approach that combines healthy eating, adequate exercise, quality sleep, and high-quality supplementation.*

One of the biggest challenges in formulating a product for occasional stress is discovering new ingredients that don’t cause herbal “sedation,” which calms the mind but can make you feel drowsy and mentally foggy. Since most of us can’t ignore tight deadlines or responsibilities, we need to cope with daily stress while feeling alert and focused.

These are some of the reasons why we created 4Life Transfer Factor Reflexion®, a proprietary formula that includes L-theanine, wild green oat extract, and 4Life Transfer Factor® Tri-Factor® Formula.

Ingredients in 4Life Transfer Factor Reflexion®:

- Promote the production of alpha brain waves, which are characterized by a relaxed alertness while you’re awake*1
- Improve cerebral circulation*2
- Balance crucial neurotransmitters*3
- Support the immune system’s ability to function properly in times of occasional stress*

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*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.
The result is a powerful combination that improves your ability to focus, promotes relaxation and a positive mood, and enhances your ability to cope with the daily stresses of life—all while not making you feel drowsy!*  

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