

Herbal Relaxants

Modern Stress Solutions

Nervous System Balance

Anxiety Relief Science

A New Natural Relaxant

Calming
the Mind and Body
with Next-generation
Botanical and
Bioactive Therapies

Sleep enhancement
Mind-body relaxation



Are You Truly Resting, Recovering, and Recharging?

Editor's Note

Modern life brings stress, anxiety, and lifestyle pressures that affect sleep, cognition, immunity, and overall vitality. Natural relaxants — backed by science — offer effective, safe, and holistic ways to restore calm, focus, and resilience.

Why Relaxation Matters

- Reduces cortisol and adrenal strain
- Improves sleep quality and circadian rhythm
- Supports cardiovascular and immune health
- Enhances cognitive clarity and mood
- Mitigates systemic inflammation

Powerful Natural Relaxants

- **Tagar (Valeriana wallichii):** Restful sleep & neural calm
- **Ashwagandha:** Cortisol balance & cognitive support
- **L-Theanine:** Relaxation, focus, alpha brain wave activity
- **Magnesium & GABA cofactors:** Neurotransmitter and muscular support

Evidence-Based Benefits

- ✓ Lower stress and anxiety levels
- ✓ Improved sleep and cognitive function
- ✓ Enhanced mood stability
- ✓ Cardiovascular and endocrine support
- ✓ Non-addictive, holistic relaxation

Lifestyle Synergy

- ✓ Mindfulness, meditation, and stress reduction practices
- ✓ Sleep hygiene and circadian support
- ✓ Balanced diet with neurotransmitter nutrients
- ✓ Physical activity for energy and stress modulation

SwissLife Forever Spotlight

- Evidence-based natural relaxant formulations
- Personalized integration with lifestyle, sleep, and biomarkers
- Translating ancient botanical wisdom into modern wellness
- Empowering calm, resilience, and long-term vitality

Final Thought

Calm, focus, and resilience are essential foundations for health and longevity. By combining natural relaxants with lifestyle and nutritional strategies, you can reclaim true mind-body equilibrium.

Where serenity meets scientific excellence.