



# Custom Remedies

## Dietary Supplement Program

## Sta-Balanced

Sta-Balanced was formulated as nutritive support to increase the feeling of well-being, regulate mood to prevent rapid swings and quick emotional response, keep you calm without making you drowsy, and promote a more complete and restful night sleep.®

### Packaging

*These daily dose packs are convenient and cute, but...*

You're thinking and finding they are annoying to open. The easy way to get these little bags open is to hold the bag by placing your thumb and index finger on the center of zip seal. Be sure the zip seal is parallel with your fingers. Now, slide your thumb back across your index finger like your rolling the zip seal between your fingers. You'll find the bag opens easily. Of course, we are assuming your fingers are dry and not greasy so they have some friction against the bag. We chose smooth not "zipper-like" seals for the bags to make opening easier.

### Your Daily Dose

- \* Take all 4 capsules in the 4 capsule side in the morning. Take the 3 on the other side 30-45 minutes before bed.
- \* Keep watch for side effects. Discontinue use if they become more than you would expect from an "adjustment period."
- \* Always consult your physician if you are on regularly prescribed medication for another medical condition.

### Lifestyle Changes

- \* Stress is an internal reaction to an external situation. Usually this reaction is prompted by the fear of failure in the particular situation. It is important to recognize that YOU are in control of how you handle stress. Sta-Balanced will help, but it's not the whole solution.
- \* Take time out several times a week for 20-30 minutes and sit quietly. Do nothing. Listen to what's around

### Supplement Facts

Serving Size 1 "daily-dose" package  
Servings per Container: 30 "daily-dose" packages

	Amount Per Serving	% Daily Value
Calcium (as Calcium Citrate)	300mg	30%
Magnesium	150mg	38%
<b>Proprietary Blend</b>	910mg	*
St. John's Wort Powder		
L-Theanine		
5-HTP (L-5 hydroxytryptophan)		
Pregnenolone		

Percent Daily Values based on 2,000 calorie diet.

\* Daily Value not established

out be don't be involved. This is especially nice in a park during your lunch break. If you think you don't have time to do nothing, you may be surprised how much more productive you are when you are relaxed and thinking clearly.

- \* If you have the habit of staying awake when you go to bed because you have a laundry list of things to do tomorrow running in your head, keep a pad and pencil next to your bed and write them down. Inevitably you keep running these items through your mind so you don't forget them, but writing them down and *knowing* the list will be there in the morning will let your mind relax.

### Warnings

- \* If you have a known allergy to any of the ingredients you should not take this product.
- \* To avoid absorption problems take ACE inhibitors, tetracycline or quinolone based antibiotics (Cipro), Dialantin (Phenytoin), H2 Blockers (eg. Zantac and Pepcid), Macrodantin, or zinc at a time other than your morning dose or move your morning dose to afternoon.
- \* Take Digoxin at least 2 hrs apart from morning dose to prevent absorption problems.
- \* Oral diabetes medication in the sulfonylurea family taken concurrently with magnesium supplementation can lead to hypoglycemia. Physician supervision is recommended.
- \* No additional pregnenolone supplementation should be taken.
- \* The quantity of calcium present in Sta-Balanced is insufficient for osteoporosis prevention during aging and menopause. Additional calcium in diet or supplementation may be needed.
- \* Do not take antidepressant drugs including MAO inhibitors, SSRIs, and tricyclics and possibly tramadol or sumatriptan (Imitrex) concurrently with Sta-Balanced. Best practice is to flush the above

drugs from your system for a month prior to starting supplementation.

- \* St. John's Wort may cause the following to be less effective: Digoxin, cyclosporine, protease inhibitors (for HIV infection), oral contraceptives, amitriptyline, Coumadin, theophylline, chemotherapy drugs, olanzapine, and clozapine.
- \* St. John's Wort may have an additive effect with sulfa drugs that increase sun sensitivity, anti-inflammatory medications like Feldene (piroxicam), as well as Prilosec (omeprazole) or Prevacid (lansoprazole).

## **What to Expect**

This supplement program could be given to a thousand people and it is unlikely that 2 people will have the same experience. You might expect a mild headache for a day or two while your body adjusts to the introduction of the system. Chemical levels in the brain are changing and an adjustment period is not unusual.

It is difficult to gauge the effectiveness of mood regulation and mental balance because it is unlikely you have a benchmark for comparison. You don't have a mood or numerical stress test that you can take before and after and quantify results. Further, your conscious mind protects the subconscious by making sure that perception is consistent with past experience. What this means is that you cannot objectively evaluate and compare past and present states of mind or behavior. So identifying that you are more calm and handle stress better now means you may not have in the past... the result is that your perception is altered to be consistent with past experience and you may feel status quo.

Knowing that, ask someone who knows you to watch you while you start your supplementation. See if they perceive a change in how you act and how you respond to situations. Do you "snap" at people less? Do you seem more level and in control? If you were often on edge before, do people like being around you more now? This will likely be more objective than any self comparison.

## **Support**

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## **Notice**

It is important to know that any claim as to benefits or potential benefits of the contents of this supplement have not been evaluated by the Food and Drug Administration. Benefits should be considered potential benefits not guarantees or promises. This product is not intended to diagnose, treat, cure, or prevent any disease