



Tao in a Bottle™

A Complete
Stress Management
Strategy



Calms the mind



Increases adaptability



Improves mental focus



Reduces mental chatter

Defense & Offense In One Bottle

Most anti-stress products only perform a sedation function. Tao in a Bottle is the only product that addresses stress with both a defensive approach of relaxation AND an offensive approach of conquering the stress by **enhancing the body's adaptive ability.**

RELAX
with
L-Theanine



ADAPT
with
Adaptogens

L-Theanine is an amino acid found **only in green tea**. It **counter-balances** the stimulatory effect of **caffeine**. This really sets tea apart from coffee. Tea is a stimulant, yet, it is also a relaxant at the same time. L-theanine promotes a sense of relaxation and serenity usually experienced from practicing yoga or meditation. It allows the body to **relax under stress** without the damaging effects of fight or flight.

Adaptogens are proven entities for fighting stress. They demonstrate a nonspecific enhancement of the body's ability to resist a stressor. Adaptogenic herbs are extremely beneficial. Adaptogenic herbs help us maintain balance under stressful circumstances and recover from stress more quickly and effectively.

L-Theanine

Calm and Clear within 30 to 40 Minutes

L-theanine is an amino acid found naturally only in green tea and makes up 50% of tea's amino acids. This sets tea apart from coffee, as it counter-balances the stimulatory effect of caffeine.

100 mg L-Theanine



1 Capsule

=



10 cups of tea

Team of 8 Tonic Herbs



Gynostemma

Balances mind, body, and spirit



Schizandra

Mental clarity and memory



Eleuthero

Mental, physical endurance



Chinese Ginseng

Adaptability, grounded energy



Tibetan Rhodiola

Oxygen supply



Astragalus

Focus and immunity



Ginkgo Biloba

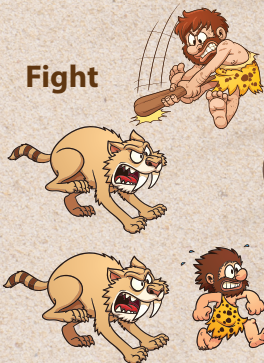
Brain function and cognition



Duanwood Reishi

Immunity, liver, brain, and more

Fight



VS

Flight



Turn Stress into Success

Modern-day stressors are mostly **chronic**, pushing our innate **'fight-or-flight'** stress response into overdrive and draining our energy reserves. Instead of reacting with stress, **tame the tiger**—support your body's resilience with **adaptogens** and enhance your ability to **adapt, recover, and thrive**.

