

Test Your Anxiety & Stress Level – Quiz

Where does your life fit in the anxiety and stress scale? Take this quiz and find out!

These questions can help calculate how much anxiety and stress you have in your life. This is meant for educational purposes only, and is not in any way a diagnosis, nor does it replace your healthcare provider's professional assessment. Select the answer that best describes your current feelings. Do not think too long about the answers.

1. I feel tense or "tight"

- a. Most of the time
- b. A lot of the time
- c. From time to time; occasionally
- d. Not at all

2. I dwell on events that bother me even when I don't want to think about them

- a. Often
- b. Sometimes
- c. A little bit
- d. Never

3. Worrying thoughts go through my mind

- a. A great deal of the time
- b. A lot of the time
- c. From time to time but not too often
- d. Only occasionally

4. I can sit at ease and feel relaxed

- a. Hardly ever
- b. Not very often
- c. Sometimes
- d. Often

5. I get worried and have "butterflies" in my stomach

- a. Very often
- b. Quite often
- c. Sometimes
- d. Hardly ever

(Quiz continued)

6. I feel restless and like I have to be on the move

- a. All the time
- b. Quite a lot
- c. Not very much
- d. Not at all

7. I feel my stress levels quickly going up

- a. Very often
- b. Quite often
- c. Not very often
- d. Not at all

8. I feel "wrung out" by the end of the day

- a. Very often
- b. Quite often
- c. Not very often
- d. Not at all

Scoring:

3 points for each answer "A";
2 points for each answer "B";
1 point for each answer "C";
0 points for each answer "D."

Total Points—Stress and Anxiety Level

0-8 Points—Generally low level; may need occasional support in stressful circumstances for short periods.

9-14 Points—Medium level; daily support for longer periods, especially during stressful events.

15-24 Points—High level; daily ongoing support recommended.

†Relieves occasional anxiety and stress

NON-GMO

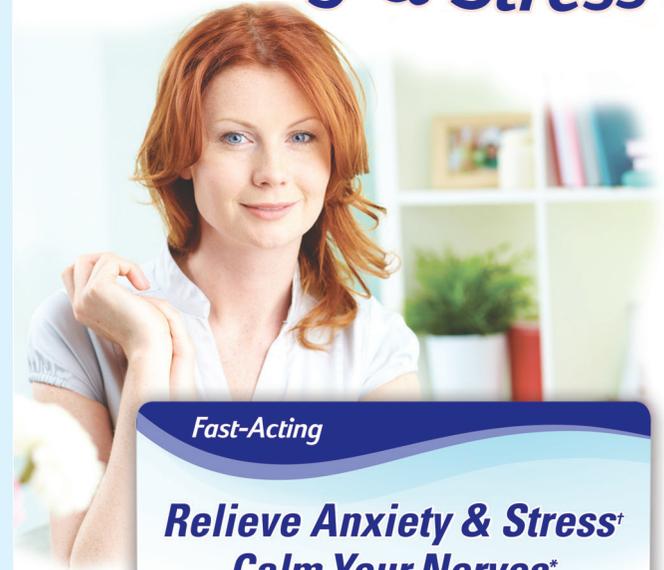
*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.


EuroPharma.
Our Passion is Your Health!®

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Relieve Anxiety & Stress*



Fast-Acting

Relieve Anxiety & Stress* Calm Your Nerves*

Clinically Studied



Fast-Acting

AnxioCalm®

Relief of Occasional

~ Anxiety ~ Stress ~ Nervous Tension ~ Restless Sleep*

For Your Good Health

45 Tablets

DIETARY SUPPLEMENT

Safe and Effective

Anxious? Overwhelmed? Stressed?

AnxioCalm® is clinically studied to quiet your nerves and relieve your occasional anxiety-without drowsiness!*

It's the safe and effective way to help relieve:

- Occasional anxiety and nervousness
- Everyday stresses
- Excessive worry*

And related symptoms such as:

- Excessive sweating
- Upset stomach
- Muscle tension
- Self-consciousness and insecurity
- Occasional restless sleep*

AnxioCalm® is perfect for everyday use, or occasionally when you need extra support. It provides relief when you need it, without drowsiness or mental foginess.*



AnxioCalm®— Clinically Tested, Superior Anxiety Relief! **

AnxioCalm® has been well studied. Containing a specialized plant extract standardized to unique compounds, AnxioCalm® has been compared to other anxiety-relieving substances. The results were amazing.

It not only met—or exceeded—the benefits of the compared substances, it did so without causing drowsiness, a common side effect of many other approaches.



Actual Tablet Size

AnxioCalm® was tested with volunteers experiencing increased stress and nervous tension. A standardized questionnaire was used to measure their feelings of anxiety before using AnxioCalm®, and compared their responses on 1, 3, and 7 days after taking the specialized extract.†

After only 1 day of use, the participants experienced a significant reduction in anxiety. By day 7, the reduction of anxiety was even greater.**

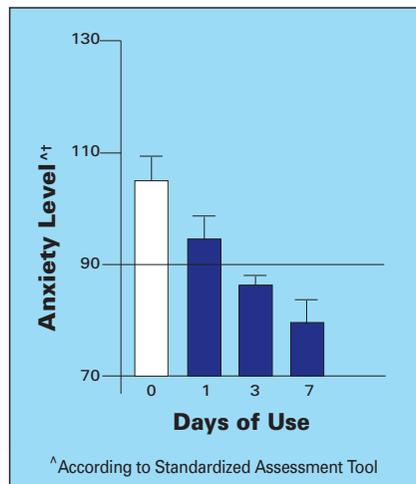
What Makes AnxioCalm® Different?

There are several species of echinacea that yield different compounds and provide different benefits. Even in a single species, phytonutrients vary depending on environmental factors. There's always been echinacea for the immune system. Now, there's a unique echinacea extract shown to trigger brain activity that impacts mood.

AnxioCalm® provides a unique, clinically studied echinacea, EP107. It provides brain-specific echinacosides that safely bind to brain receptors to trigger feelings of calm and relaxation.

*That's why you need AnxioCalm® for fast-acting relief.***

Benefits Increase With Continued Daily Use*



SUPPLEMENT FACTS

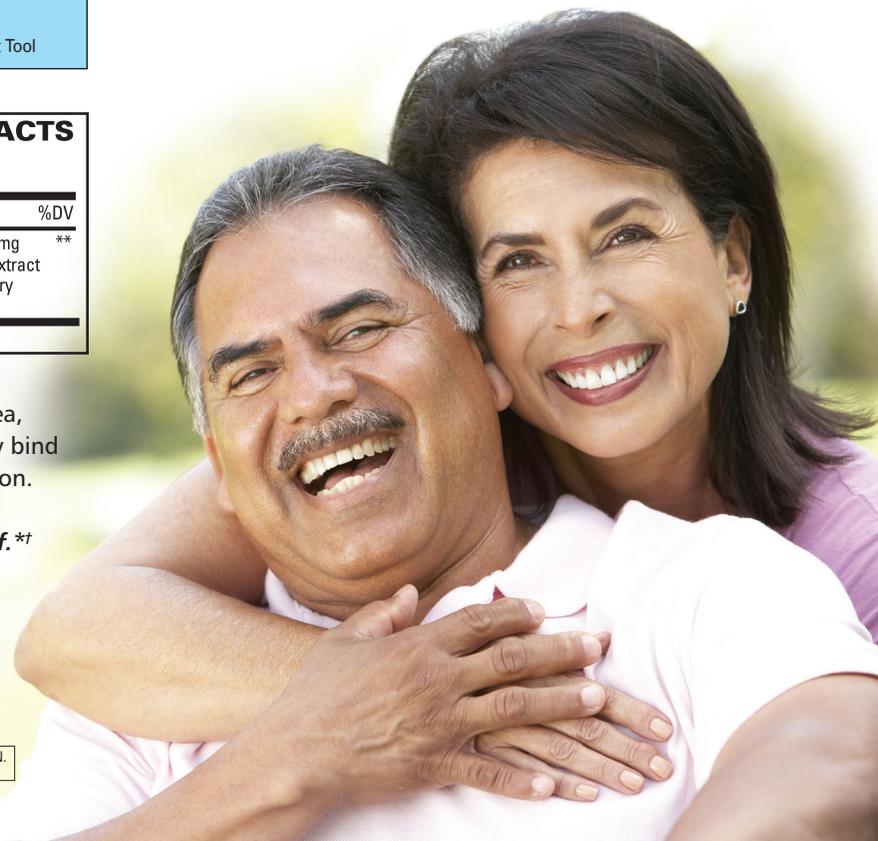
Serving Size: 1 Tablet	
Servings Per Container: 45	
Amount Per 1 Tablet:	%DV
Narrow-leaved Coneflower 20 mg	**
(<i>Echinacea angustifoliae</i>) Root Extract EP107 standardized for proprietary echinacosides	
** Daily Value (DV) not established.	

Safe and Effective.

AnxioCalm® does not cause drowsiness, so it doesn't interfere with everyday activities. Additionally, no significant side effects were experienced by the participants in the clinical trial.

Try AnxioCalm® for yourself. Like others in the clinical studies, you may see results on the first day! It's the natural, safe, and simple way to:

- Relieve occasional anxiety and nervous tension
- Boost mood and feelings of well-being
- Enhance sleep
- Promote mental health and emotional well-being
- Newly discovered echinacosides support healthy brain chemistry*



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