

GABA

Experience calm with GABA, a neurotransmitter that soothes the nervous system. It also promotes relaxation. Consult for use beyond 4 weeks.



SAFFRON ZEN

Boost your mood with Affron®, the premium saffron extract that effortlessly reduces stress, nervousness, and irritability. Perfect for teens and adults.



L-THEANINE

An amino acid that promotes relaxation by boosting the brain's calming neurotransmitter levels. Low levels have been linked to mood imbalances, particularly increased anxiety and stress.



D-STRESS

Our organic lavender oil, rich in linalool and linalyl acetate, manages stress, exhaustion, and sleep issues. Linalool relaxes muscles while lavender oil boosts GABA for a calming effect. Benefit from these with just 1 softgel a day. For short-term use.



KAVA KAVA

Kava kava is valued for its calming effects and reducing nervousness by interacting with neurotransmitters like GABA. Non-habit-forming, it can also enhance sleep quality. Consult for use beyond 6 months.



NEW ROOTS HERBAL CHILL PILLS

Comprehensive formula composed of botanical adaptogens and full-spectrum active B vitamins that work synergistically to promote relaxation.

RELAXATION

Relaxation is a state of calmness and reduced stress, involving both mental and physical ease. It helps alleviate tension to promote overall wellbeing. Short-term use.

To ensure these products are right for you, always read and follow the label.

All ingredients are tested for potency and quality in our ISO 17025-accredited laboratory.

DM0215



NEED A REST FROM STRESS?



RESISTANCE
MOOD SUPPORT
RELAXATION

New Roots
HERBAL

STRESS

Stress is your body's alarm, triggered by life's pressures. While it can sharpen focus, too much drains energy and undermines wellbeing, signaling it is time to recalibrate and regain balance.

In Canada, anxiety disorders affect 12% of the population annually, impacting over 4 million people. Nearly 23% of Canadians report high stress levels most days.

HEALTH IMPACT

High stress levels can often lead to relationship issues like communication breakdowns, conflicts, and overall dissatisfaction in personal and family life. They also impact your overall health.

Weight Gain: Stress contributes to abdominal weight gain and obesity in 27% of Canadian adults.

Immune System: Chronic stress weakens immunity, raising illness risk, especially during cold-and-flu season.

Thyroid Function: Prolonged stress disrupts thyroid function, affecting energy, weight, and mood.

**NEED HELP
CHOOSING?**



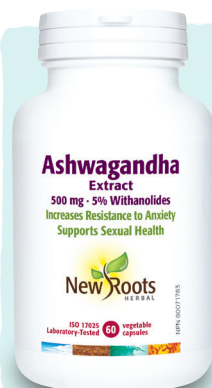
STRESS RESISTANCE

Resistance is your shield against stress—keeping you focused, composed, and performing at your best, no matter the pressure. These can be used over the long term.



ULTRA STRESS

B-vitamin deficiency disrupts neurotransmitters, energy, and cortisol regulation, weakening stress response and causing fatigue. Replenishing levels is crucial during chronic stress.



ASHWAGANDHA

Ashwagandha is an adaptogen that helps manage chronic stress and anxiety, relieves general debility, and enhances endurance in active individuals.



HOLY BASIL MAX

Holy basil is known for its adaptogenic properties and—thanks to its validated 10% ursolic acid—it also boosts energy and resistance to mental and physical stress.



L-TYROSINE

Helps with multiple forms of stress; physical, psychological, sleep deprivation, and multitasking. L-Tyrosine aids in replenishing neurotransmitters that help manage both mental and physical stress.

MOOD SUPPORT

Stay balanced and stress-free with mood support that keeps you feeling your best when you need it most. Use for at least 1 week to see benefits; ideal for medium-term use.



ST. JOHN'S WORT

St. John's wort boosts mood by enhancing key neurotransmitters, helping with restlessness and nervousness. Can be taken for up to 18 weeks.



NEW ROOTS HERBAL JOYFUL

Boost your mood and manage stress with our synergistic blend of amino acids, botanicals, and active vitamins. Promotes relaxation and supports emotional balance. Consult for use beyond 4 weeks.