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Stress and Natural Vitamins

Family stress. There are the normal day to day stresses of raising children and keeping a family connected with each other. Stress comes for all sorts of reasons. A crying baby can send a mother or fathers stress levels soaring, lack of sleep and quiet time takes a huge toll. A toddler's temper tantrums to teen drivers and everything in-between can deplete our health, both physical and mental.

- [OmegaGard](#) for Cardiovascular Health.
- [B-Complex](#) Helps bring balance and energy into your life
- [Gentle Sleep Complex](#) Get a Good Nights Rest
- [Mood Lift Complex](#) supports feelings of well-being
- [Vitalizer](#) See the overview and science

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