



## Feeling like you can use a “Do-over”?

We’ve all been there: you’re rolling along doing your thing when something moves you into frantic mode. Sometimes you move right past it, but sometimes you find yourself scrambling—stressed, messed and pressed into stuff you really don’t want as part of your day. What’s more, you know that nowadays the odds of it happening again are pretty high. These unexpected twists in daily life can too often leave us depleted, and less enthusiastic in our outlook. And, these fight/flight reactions can also take us down the path to chronic “dis-ease” both in mind and in body. At that point, it seems like the best solution would be simply a “do-over”!

Thankfully, Solle ReNue allows us to give ourselves a nutritional “do-over” whenever we get pulled off course. By providing remarkable ingredients to nutritionally calm, restore and re-center ourselves, ReNue, in effect, let’s us reset ourselves and proceed forward with the mind and body strength to get it done.

## Ingredients

**Yuzu** has been researched to help calm the nervous system and specifically reduce endocrine stress, as well as creating a general feeling of mental relaxation. Solle uses both the fruit and rind for its excellent antioxidant and anti-inflammatory properties.

**Lemon Balm** has been used for centuries to help soothe tension. The herb has traditionally been used to help the body support the nervous system, restful sleep, gastrointestinal distress, menstrual cramping and urinary spasms.

**Maral (Rhaponticum carthamoides)** has been used to support the body’s ability to manage fatigue, impotence, recovery from illness, and improve mood and cases of mild depression. Research shows the adaptogenic

properties of Maral Root may also help improve memory and learning, as well as muscle recovery.

**Wood Betony** is highly rated and frequently used to help the body manage mood, liver function, urinary tract support, headaches, circulation, as well as joint and muscle support.

**Passion Flower** is known for its calming and anxiety management properties. Research shows passion flower may increase the amount of gamma-aminobutyric acid (GABA) in the brain, which helps calm the mind.

**Schizandra** is a powerful adaptogen, which helps the body manage a variety of environmental stresses, but is best known for its liver protection properties.

**Chamomile** has been used for centuries in teas as a mild, relaxing sleep aid. Due to its amazing anti-bacterial and anti-microbial properties, it also helps the body manage fever, colds, inflammation, and stomach ailments.

**Motherwort** is most commonly known for its useful applications in childbirth, due to its tranquilizing properties that are beneficial for the emotions and the body. Many people feel motherwort also helps the body soothe frazzled nerves, relax muscles, as well as healing a sad or lonely heart.

## The Solle Difference

Solle ReNue consists of only plant-sourced ingredients that provide unique nutritional benefits as part of our integrated mind and body philosophy.



### Product Use

Mix the contents of one packet with 8-12 oz. hot or 12-16 oz. cold, pure water, once daily or as needed.

### Complementary Product

Solle Naturals Verdezymes® plant-sourced enzyme capsules offer a strong complement for managing both the nutritional needs and the necessary mind and body renewal in confronting daily stresses.



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