



## **VITOLI STRESS AND ANXIETY - PRECAUTIONS**

### **Side effects**

The various ingredients in the Vitoli Stress and Anxiety product have little specific or serious toxicity. However, some users have reported some side effects such as drowsiness, headache, mild stomach upset, and discomfort.

However, the clinical information we currently have, shows us that the Vitoli Stress and Anxiety product has undeniable efficacy with a reassuring profile of side effects.

It is always possible that a hypersensitivity (ex: allergy) to one of the ingredients of the preparation could manifest itself. In such a case, it is recommended to stop using it and consult a health professional if serious allergy symptoms persist.

### **Contraindications**

Given the possible drowsiness, driving a car or any other activity requiring great concentration should be avoided, especially within 2 hours of taking it. Alcohol and/or cannabis use should also be avoided. If the patient sleeps well, the product should not cause (or only show very few signs of) drowsiness.

### **Interactions**

This product could potentiate the sedative effect of alcohol, barbiturates, and in fact, any product having a depressant effect on the central nervous system. A possible reduction in blood pressure and a decrease in the effect of stimulants from the central nervous system are also possible, thereby reducing their effectiveness. These are cases that would require surveillance.

Quality olive extracts could lower blood pressure, improve glucose management, and reduce blood clotting. However, the dose used is the average food dose consumed in the Mediterranean diet and it is not linked to any significant interaction effect. Health Canada has not reported this risk as significant.

### **Pregnancy and breastfeeding**

According to the information available, ***it is not recommended to use it in the presence of pregnancy and lactation.***

### **Caution**

The content of medicinal plants naturally varies according to the production site or according to the extraction conditions. Therefore, there are a lot of variations in the composition of ingredients available from one brand of product to another. It is strongly recommended to use quality products, these being standardized to contain sufficient quantities of active substances for each plant, which ensures their effectiveness, confirms the origin of the plant and its safety. Canadian regulations do not require companies to meet these standards; the majority of plant extracts on the market are not standardized. The information in this document only applies to products in the Vitoli product line.



André Perreault, pharmacist,  
Professional services  
Idunn Technologies

Revised by Jean-Yves Dionne,  
Apothecary Academy ([www.apothicaire.ca](http://www.apothicaire.ca))

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