Omega-3

1. **False.** Most women don't eat enough fatty fish, so diet alone often falls short for stress resilience.
2. Salmon and sardines. You'd need about 2–3 servings of fatty fish per week to meet daily needs.
3. **True.** Omega-3 supports brain function, reduces inflammation, and helps balance mood.
4. Yes, supplementation helps if you rarely eat fish since it ensures steady omega-3 intake.
5. **True.** Omega-3 nourishes the brain and nervous system, helping the body handle stress better.

Probiotics

1. **False.** Probiotics also help regulate mood and stress through the gut–brain connection.
2. Yogurt — it aids digestion and can reduce discomfort that adds to stress.
3. **True.** A balanced gut microbiome supports immunity and mood, improving stress resilience.
4. Yes, daily use keeps gut flora stable, which helps balance both digestion and mood.
5. A healthy gut lowers inflammation and sends calming signals to the brain, easing stress.

Magnesium

1. **False.** Different forms target different needs — some are better for relaxation or sleep.
2. Stress-related muscle tension.
3. **True.** Magnesium regulates neurotransmitters and the stress response in the nervous system.
4. Yes, since many women are deficient, daily intake helps maintain calm and balance.
5. Magnesium restores energy, supports sleep, and helps the body recover from stress overload.

Digestive Enzymes

1. **False.** Poor digestion can increase stress, so enzymes indirectly support stress relief.
2. Yes — bloating and discomfort can make me more irritable and tense.
3. **True.** When digestion is smooth, the body saves energy and feels less stressed.
4. Yes, efficient digestion reduces discomfort, which improves mood and overall wellbeing.
5. By easing bloating and fatigue, enzymes free up energy and reduce stress levels.

Saffron Zen

1. **False.** Diet alone isn't always enough — targeted support like saffron helps mood balance.
2. Stress shows up as headaches, muscle tension, and low energy.
3. A quiet bedtime ritual, like reading or herbal tea, helps me sleep better; screens make it worse.
4. **True.** Knowing saffron is clinically studied gives confidence in its safety and effectiveness.
5. I turn to walks, deep breathing, or natural supplements like saffron to feel calmer.