

Stress & Anxiety Relief Supplements

Botanicals and nutrients that steady the body's stress response for a calmer, more even day - supportive care, not a substitute for treatment.

Ashwagandha

L-theanine

Calm

Magnesium

Adaptogens

~8 wk

typical trial length showing
ashwagandha's stress effect

200mg

L-theanine that promotes calm
without drowsiness

Cortisol

the stress hormone
adaptogens help modulate

Daily

adaptogens build their effect
with consistent use

What this category covers

Stress and anxiety supplements aim to steady the body's stress response rather than sedate it. Adaptogens like ashwagandha and rhodiola help modulate cortisol and build resilience over weeks; L-theanine and magnesium promote a calm, focused state; and botanicals like lemon balm and saffron support relaxation and mood. These are supportive tools for everyday stress and tension - they are not a treatment for a diagnosed anxiety disorder, where professional care should come first.

Key ingredients & typical dosing

Reference ranges commonly used in formulations. Evidence rating reflects the weight of human research for the stated role.

INGREDIENT	TYPICAL DAILY RANGE	PRIMARY ROLE	EVIDENCE
Ashwagandha (KSM-66)	300 - 600 mg	Lowers stress; modulates cortisol	Moderate
L-theanine	100 - 200 mg	Calm, focused state without sedation	Moderate
Magnesium (glycinate)	200 - 400 mg	Relaxation & stress-response support	Moderate
Saffron extract	30 mg	Mood & mild low-mood support	Moderate
Lemon balm	300 - 600 mg	Calming; eases nervous tension	Moderate
Rhodiola rosea	200 - 400 mg	Stress resilience & mental fatigue	Moderate
GABA	100 - 200 mg	Marketed for calm; weak absorption evidence	Limited
Passionflower	per label	Traditional calming botanical	Limited

How it helps

Support works by calming the stress response and steadying mood, not by sedating you.



Lower everyday stress

Ashwagandha helps modulate cortisol and, in studies, reduces perceived stress over several weeks of daily use.



Calm, clear focus

L-theanine promotes a relaxed-but-alert state, easing tension without the fog or drowsiness of a sedative.



Better stress resilience

Adaptogens like rhodiola help the body cope with mental and physical stress and recover from fatigue.



Steadier mood

Saffron and lemon balm support mood and relaxation, helping smooth out a tense or irritable day.

The data at a glance

Weight of human evidence by ingredient

Higher = stronger, more consistent clinical support for stress/mood.



● Relative strength of human evidence (0-100)

Who buys this category

Illustrative demand mix by shopper.



Who it's for & how to use

Best for

Everyday stress and tension, a busy or high-pressure period, and mild, situational low mood - as supportive care alongside good sleep and routine.

When to take

Ashwagandha daily for at least a few weeks to judge; L-theanine as needed or in the morning; magnesium in the evening for wind-down.

What to pair

L-theanine with caffeine for calm focus; ashwagandha with magnesium for a daily stress foundation.

Safety & interactions

- Ashwagandha can affect thyroid and autoimmune conditions, adds to sedatives, and isn't recommended in pregnancy - check first.
- These supplements are not a treatment for an anxiety disorder or depression - please seek professional care for persistent symptoms.
- GABA's evidence is weak because it doesn't readily cross into the brain when taken orally.
- Combine calming supplements cautiously with alcohol, sedatives, or sleep medication.
- If stress feels unmanageable or you have thoughts of self-harm, reach out to a professional or a crisis line right away.

Frequently asked

Does ashwagandha really reduce stress?

Several trials show it lowers perceived stress and cortisol over about 8 weeks of daily use. Effects are supportive and moderate, not instant or dramatic.

What does L-theanine feel like?

Most people describe a calm, settled focus rather than sedation. It's the amino acid in green tea and pairs well with caffeine to take the edge off.

Can these replace therapy or medication?

No. They can support everyday stress, but a diagnosed anxiety disorder or depression needs professional care - treat supplements as a complement at most.

How long until I notice a difference?

Fast-acting options like L-theanine can help within an hour; adaptogens like ashwagandha typically need a few weeks of consistent use.

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