



CBI
Ministry of Foreign Affairs

[Exporting stress and anxiety products to Europe](#)

The need for products relieving stress and anxiety is growing as stress levels are increasing worldwide. Consumers are more aware of the negative impact of stress on their health and related conditions such as insomnia and depression. Botanical-based health products currently on the market help relieve mild nervous tension and sleep disorders. Food supplements producers are especially keen to source new ingredients for product development. Aromatherapy also offers solutions for this indication and is a segment of interest.