

Cortisol Management

Helps promote a healthy and balanced stress response†

Introduction

Cortisol Management combines two patented ingredients, Relora® and Sensoril®, to support a healthy stress response.† Relora is a combination of botanical extracts from *Magnolia officinalis* and *Phellodendron amurense* demonstrated in clinical trials to decrease stress and improve mood scores.† Sensoril is a proprietary extract of Ashwagandha (*Withania somnifera*), a botanical adaptogen shown in multiple clinical trials to support healthy energy levels and mood.††

Product features

- Clean-label, hypoallergenic formula
- USDA Certified Organic and non-GMO ingredients
- Bioavailable and non-sedating

Mechanisms of action

- *Withania somnifera* significantly improves clinical signs of stress (measured as blood pressure and serum cortisol) in a dose-dependent manner.^{2†}
- *Magnolia officinalis* and *Phellodendron amurense* (Relora) promotes relaxation while avoiding benzodiazepine receptors that cause sedation.^{3†}
- Relora and Sensoril have both been shown to reduce salivary cortisol levels.†

Research

The hypothalamic-pituitary-adrenal (HPA) axis modulates stress-response hormones and the neuroendocrine adaptation of the stress response. Continuous stress can lead to sustained HPA axis activation and decreased sensitivity to the negative feedback of cortisol. Certain botanical adaptogens have been shown to support healthy HPA axis function and to promote a more optimal response to everyday stressors.

Magnolia officinalis and *Phellodendron amurense* have a history of traditional use for supporting a healthy response to stress, and the combination of these has been the subject of clinical research under the patented blend Relora.† In a human clinical trial involving 56 subjects experiencing moderate stress, four weeks of daily Relora supplementation resulted in significantly decreased salivary cortisol and significantly improved mood, including higher indices of Global Mood State, as compared to placebo.^{3†} In a second clinical trial measuring stress levels in healthy women, daily Relora supplementation for three months significantly improved mood measures compared to controls.^{4†}

Ashwagandha (*Withania somnifera*) has a long history of use for effective stress management.† Clinical research suggests ashwagandha extracts have an adaptogenic, stress-relieving effect.¹ In a double-blind, randomized, placebo-controlled trial, participants identified as stressed under the modified Hamilton Anxiety (mHAM-A) scale took either 125 mg or 250 mg *Withania somnifera* extract or placebo daily for 60 days.² At the end of the trial period, participants in both treatment groups experienced significant improvements in mHAM-A measures, mean serum cortisol levels, and systolic blood pressure at 30 and 60 days compared to placebo.

Conclusion

Busy and demanding lifestyles can create chronic, long-term stress that may tax the HPA axis and negatively affect the stress-response system. The botanical extracts in Cortisol Management have demonstrated efficacy in supporting a healthy HPA axis and balanced stress hormone levels.†

†These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Formula

SUGGESTED USE: 1 capsule, 3 times daily with food or as directed by a healthcare professional.

Supplement Facts

Serving Size 1 Capsule


Amount Per Capsule		% Daily Value
Relora [®]	250 mg	*
(Proprietary blend of bark extracts of <i>Magnolia officinalis</i> and <i>Phellodendron amurense</i>)		
Honokiol	4 mg	*
Sensoril [™]	85 mg	*
Ashwagandha (<i>Withania somnifera</i>) (root and leaf)		

*Daily Value not established.

Other ingredients: Starch, vegetarian capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, and silicon dioxide.

[®]Relora[®] is a registered trademark of InterHealth N.I. Relora[®] brand *Magnolia officinalis* and *Phellodendron amurense* (U.S. Patents 6,582,735 and 6,814,987).



[™]Sensoril[™] is protected under U.S. Patents 6,153,198 & 7,318,938 and is a registered trademark of Natreon, Inc. 

CP7380 90 capsules

How supplied

90 vegetarian capsules per bottle.

Storage

Store in a cool, dry place (59°F to 85°F) away from direct light. Keep out of reach of children.

References

1. Archana R, Namasivayam A. Antistressor effect of *Withania somnifera*. *J Ethnopharmacol*. 1999;64(1):91-3.
2. Biswajit A, Jayaram H, Achintya M, Abedon B, Ghosal S. A standardized *Withania somnifera* extract significantly reduces stress-related parameters in chronically stressed humans: a double-blind, randomized, placebo-controlled study. *JANA*. 2008;11(1):50-6.
3. Talbott SM, Talbott JA, Pugh M. Effect of *Magnolia officinalis* and *Phellodendron amurense* (Relora[®]) on cortisol and psychological mood state in moderately stressed subjects. *J Int Soc Sports Nutr*. 2013 Aug;10(1):37.
4. Kalman DS, Feldman S, Feldman R, Schwartz HI, Krieger DR, Garrison R. Effect of a proprietary Magnolia and Phellodendron extract on stress levels in healthy women: a pilot, double-blind, placebo-controlled clinical trial. *Nutr J*. 2008;7:11.

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CP7380TDS181010.01