

Cortisol Regulator^{*}

Stress Support Complex^{*}

Cortisol Regulator^{*} is a unique blend of extracts of magnolia and phellodendron (Relora[®]), combined with standardized extracts of ashwagandha, lemon balm, and German chamomile. It is formulated to promote a healthy mood and tranquility, restorative sleep, and a balanced response to stress.* It may also help support healthy eating habits and reduce digestive upset often associated with stress.*



In quick-release
Plantcaps[®]

#78320
60 vegetarian capsules



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STRESS SUPPORT

Relora® has three peer-reviewed, randomized, double-blind, placebo-controlled publications demonstrating its ability to reduce cortisol levels and stress, and its positive effects on mood-state scores and weight-maintenance in stress eaters.* Cortisol is a steroid hormone produced in the adrenal glands that plays a crucial role in dealing with the body's response to stress, as well as helping to control blood glucose levels and support the immune response.* It is involved in the metabolism of proteins, fats, and carbohydrates.* Healthy cortisol levels can enhance good sleep, memory, mood, normal wound healing, electrolyte balance, and the handling of stress.*

Magnolia tree bark has been utilized for thousands of years in Traditional Chinese Medicine to address nervous tension, and modern research confirms this.* It also supports healthy sleep and moods.* Magnolia has significant antioxidant activity, as well as immune effects, in part through its support of glutathione production.* It also supports healthy circulation.* Magnolia bark extract can support healthy sleep quality, shortening the amount of time to fall asleep, and increasing rapid eye movement (REM) and non-REM sleep.* Magnolia active ingredients honokiol and magnolol have been shown to soothe stress and support healthy moods.*

Phellodendron (*Philodendron amurense*), or Cork tree, is one of fundamental herbs in traditional Chinese medicine, traditionally used for the management of stress.* Its active components include berberine, palmatine, jatrorrhizine, and limonoids, most of which confer antioxidant activity.* Phellodendron has been studied for its support of cardiovascular health, healthy blood sugar within normal levels, and modulation of the body's normal inflammatory response.*

Ashwagandha can support both the brain's and the body's ability to deal with stress.* In one study involving adults with chronic stress, ashwagandha significantly reduced perceived stress levels, decreased food cravings, and improved happiness, while also affecting objective markers like cortisol levels and weight.* It has been shown to mitigate the effect of loss of sleep on brain function, and research shows it may buffer the negative effects of sleep deprivation on cognitive function.* Because of its effects on the neurotransmitter gamma-aminobutyric acid (GABA), ashwagandha can enhance sleep quality.*

Chamomile is a nervine commonly used to make a calming cup of tea.* Chamomile can relax the mind, relieve temporary muscle tension, and support deep, restful sleep.*

Lemon balm has been used traditionally as a calmative, mediated through cholinergic modulation.* Lemon balm's antioxidant activity can inhibit lipid peroxidation, likely a result of its polyphenol compounds.* It also contains flavonoids, monoterpene glycosides, and triterpenoids.*

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Supplement Facts

Serving Size	2 Capsules	
Servings Per Container	30	
Amount Per Serving	% Daily Value	
Relora® Proprietary Plant Extract Blend <i>Magnolia officinalis</i> (Bark) <i>Phellodendron amurense</i> (Bark)	250 mg	†
Ashwagandha (<i>Withania somnifera</i>) (Whole Plant) Extract (standardized to 5% Withanolides)	250 mg	†
Lemon Balm (<i>Melissa officinalis</i> L.) (Leaf/Stem) Extract (standardized to 6% Rosmarinic acid)	150 mg	†
Chamomile (<i>Matricaria recutita</i>) (Flower) (standardized to 1.2% Apigenin)	100 mg	†
† Daily Value not established.		

Other ingredients: Hydroxypropyl methylcellulose, stearic acid, rice flour.

Suggested Use: As a dietary supplement, 2 capsules, one or two times daily with or without food, or as directed by a healthcare practitioner.

Warning: If pregnant or nursing, consult your healthcare practitioner before use.



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