

# Cortisol Calm

Supports relaxation, sleep and mood<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Relaxation, positive mood and emotional well-being<sup>†</sup>

## BENEFITS

- Promotes relaxation and healthy cortisol response<sup>†</sup>
- May support healthy sleep, positive mood and cognitive function<sup>†</sup>
- Provides support for occasional stress, calm and emotional well-being<sup>†</sup>

## FEATURES

- A blend of herbal extracts and vitamin D
- Made with high-quality ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Cortisol, released in response to stress, is mainly produced by the adrenal cortex. Intra-abdominal adipocytes also produce cortisol. In a recent study, Sensoril<sup>®</sup> ashwagandha extract promoted relaxation and maintained healthy cortisol response. Subjects in this randomized, double-blind, placebo-controlled study reported support for healthy sleep, positive mood and cognitive function. The effects were most pronounced for subjects taking 500 mg per day compared to lesser doses.<sup>1</sup> Rhodiola and magnolia may also maintain healthy adrenal cortisol activity and offer support for occasional stress, mood and emotional well-being.<sup>2</sup> I-Theanine supports normal brain alpha-wave activity, helping calm the sympathetic nervous system for a relaxing effect.<sup>3</sup> Recent research suggests that maintaining healthy vitamin D levels supports normal cortisol production within abdominal adipocytes.<sup>4†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule in the morning and 1 capsule in the evening, with meals.

## STORAGE

Store in a cool, dry place.

## WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Vitamin D<sub>3</sub> is derived from lanolin
- Sensoril<sup>®</sup> ashwagandha extract is derived from *Withania somnifera* root and leaf
- *Rhodiola rosea* extract is derived from the root and standardized to contain 3% total rosavins and minimum 1% salidroside
- *Magnolia officinalis* extract is derived from the bark and standardized to contain 2% honokiol
- I-Theanine is synthetic
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil

## NOTES

Size 0 caps

Bottle counts 60, 120

Order codes COR6, COR1

Bottle sizes 120 cc, 190 cc

## REFERENCES

1. Auddy B, et al. *JANA*. 2008 11(1): 50-6.
2. Maslova LV, et al. *Eksp Klin Farmakol*. 1994 Nov-Dec;57(6):61-3.
3. Kobayashi K, et al. *Nippon Nogei Kagakukaishi*. 1998;72(2):153-7.
4. Morris KL, et al. *Obes Res*. 2005 Apr;13(4):670-7.

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## SUPPLEMENT FACTS

**1 capsule in the morning and 1 capsule in the evening, with meals.**

**Each (size 0) vegetarian capsule contains:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Sensoril <sup>®</sup> ashwagandha ( <i>Withania somnifera</i> ) extract (root and leaf)	250 mg
Rhodiola ( <i>Rhodiola rosea</i> ) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	125 mg
Magnolia ( <i>Magnolia officinalis</i> ) extract (bark) (standardized to contain 2% honokiol)	100 mg
I-Theanine	50 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Sensoril<sup>®</sup> is a trademark of Natreon, Inc. and is protected under U.S. Patent 7,318,938.

Suntheanine<sup>®</sup> is a registered trademark of Taiyo International, Inc.

**Not to be taken by pregnant or lactating women.**



Cortisol Calm <sup>†</sup>	Quantity	Order Code
	120	COR1
	60	COR6

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>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.