



# 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.\*

### Key Features

- Unique blend of extracts of magnolia and phellodendron
- Combined with standardized extracts of ashwagandha, lemon balm, and German chamomile
- Support a healthy lifestyle, rest, and balance
- In quick-release Plantcaps®



SKU #78320  
60 vegetarian capsules

# Cortisol Regulator\*

**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** (*Phellodendron 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 nerve 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, monoterpane 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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