



Cortisol Calm

INTRODUCED AUGUST 2009

What Is It?

Cortisol Calm is a blend of herbal extracts and vitamin D designed to maintain healthy cortisol levels and to support relaxation, restful sleep, and positive mood during times of stress.*

Uses For Cortisol Calm

Supports Healthy Cortisol Production: Cortisol, released in response to stress, is mainly produced by the adrenal cortex. Intra-abdominal adipocytes also produce cortisol. In a recent study, Sensoril® ashwagandha extract promoted relaxation and maintained healthy cortisol and C-reactive protein levels. 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. Rhodiola and magnolia may also maintain healthy adrenal cortisol activity and offer support for stress, mood and emotional well-being. L-Theanine supports normal brain alpha-wave activity, helping calm the sympathetic nervous system for a relaxing effect. Recent research suggests that maintaining healthy vitamin D levels supports normal cortisol production within abdominal adipocytes.*

What Is The Source?

Vitamin D₃ is derived from lanolin. Sensoril® 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 min. 1% salidroside. *Magnolia officinalis* extract is derived from the bark and standardized to contain 2% honokiol. L-Theanine is synthetic. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

Sensoril® is protected under U.S. Patent 6,713,092 and is a trademark of Natreon, Inc.

Suntheanine® is a registered trademark of Taiyo International, Inc.

Recommendations

Pure Encapsulations recommends 2 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. A clinical trial involving magnolia did report one subject with heartburn, shaking and sexual dysfunction and another with fatigue and headache. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Cortisol Calm may be contra-indicated or require monitoring in patients taking barbiturates, CNS depressants or benzodiazepine medications. Consult your physician for more information.

Cortisol Calm

two vegetable capsules contain  V 0

vitamin D ₃	800 i.u.
Sensoril® ashwagandha (<i>Withania somnifera</i>) extract (root and leaf)...	500 mg
rhodiola rosea extract (root)	250 mg
(standardized to contain 3% total rosavins and min. 1% salidroside)	
magnolia officinalis extract (bark).....	200 mg
(standardized to contain 2% honokiol)	
L-theanine.....	100 mg
vitamin C (as ascorbyl palmitate)	20 mg

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

Do not take if pregnant or lactating.

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

For educational purposes only. Consult your physician for any health problems.