



Available in 60 vegetarian capsules

Discussion

Cortisolv is a multifunctional herbal supplement that has far-reaching and **Cortisolv** is a multifunctional herbal supplement with complementary benefits for individuals seeking help dealing with everyday stress. It features a unique combination of clinically studied and patented ingredients, including Relora®, Sensoril®, and Suntheanine®, along with banaba leaf (*Lagerstroemia speciosa*) extract. Together, these herbs help the overstressed body and mind work toward their normal state of balance and resolve many of the biochemical changes that occur because of repeated, frequent exposure to stressors and cortisol.*

Relora® is a patented proprietary blend of *Magnolia officinalis* and *Phellodendron amurense* bark extracts standardized to honokiol and berberine, respectively. These herbs have a history of traditional use in treating stress and occasional feelings of anxiousness. In modern times, honokiol from *M. officinalis* and berberine from *P. amurense* are used to support relaxation, reduce the perception of stress, and reduce stress-related eating.

In early studies using rodent models, Relora demonstrated reduced feelings of anxiousness.^{1,2} In human studies, subjects taking 500 to 750 mg of Relora for 4 to 6 weeks experienced positive changes in dehydroepiandrosterone (DHEA) and cortisol levels, less weight gain compared with control groups, and reductions in perceived stress and transitory feelings of anxiousness.²⁻⁵ In 1 study, cortisol exposure and psychological mood states were examined in 56 subjects (35 men and 21 women) taking 250 mg of Relora or placebo twice daily. After 4 weeks of supplementation, the Relora group experienced significant ($P < .05$) improvements compared with the placebo group, including an 18% reduction in salivary cortisol exposure, 11% lower indices of overall stress, 13% less tension, 42% lower anger, 31% reduction in occasional fatigue, 27% reduction in confusion, 11% higher indices of global mood state, and an 18% increase in vigor.*³

Sensoril® is an optimized ashwagandha (*Withania somnifera*) root and leaf extract. Ashwagandha has been revered as an adaptogen for thousands of years. It is used to balance, energize, and revitalize the body and for its value as a cognition enhancer. Sensoril's patented extraction process represents a major advancement in standardized

- Supports healthy cortisol levels, a biomarker of stress

ashwagandha preparations and produces very high, powerful levels of ashwagandha's stress-fighting, cognition-enhancing bioactive constituents. Sensoril's excellent safety record is one of the most comprehensive of any ashwagandha ingredient available.*

Sensoril ashwagandha extract has multiple health benefits, and its superior efficacy has been demonstrated in randomized, double-blind, placebo-controlled human clinical trials.⁶⁻¹⁰ The results of these trials have demonstrated that taking 500 to 1000 mg of Sensoril daily supports healthy cortisol and DHEA levels, enhances working memory, reaction time, and cognitive capacity, improves auditory-verbal working memory, ameliorates negative changes in cardiovascular parameters associated with mental stress, and improves endothelial function and glucose and lipid metabolism.*

Suntheanine® is a pure form of L-theanine produced via a patented fermentation process, resulting in a nearly 100% pure L-isomer-theanine. Research with L-theanine has shown significant anti-stress effects in psychosocially stressed animal models.¹¹ In humans, similar results were observed where L-theanine helped the body resist biochemical changes associated with stress.^{12,13} In clinical research with Suntheanine, a 50-mg serving showed stimulation of alpha wave activity in the brain, which is associated with a simultaneously relaxed and alert mental state.¹⁴ In another randomized, double-blind, placebo-controlled trial, a relatively high dose of 400 mg of Suntheanine given to 8- to 12-year-old boys improved aspects of sleep quality, including significantly higher sleep percentage and efficiency scores. A nonsignificant trend for less activity during sleep was also observed.*¹⁵

Banaba leaf (*Lagerstroemia speciosa*) has a long history of being used as a glucose modulator in folk medicine, particularly in Southeast Asia. More recently, animal and human research on banaba leaf and its actives, including corosolic acid, suggest multiple mechanisms that influence glucose and lipid metabolism.^{16,17} Additionally, corosolic acid inhibits the enzyme that facilitates the conversion of cortisone to cortisol.¹⁸ The banaba leaf extract in this formula is standardized to 1% corosolic acid.

Cortisolv®

Medicinal Ingredients (per capsule):

L-Theanine (Camellia sinensis - Leaf, L-Theanine)	100 mg
Lagerstroemia speciosa (Banaba) (Lagerstroemia speciosa - Leaf) (1% Corosolic acid)	48 mg
Magnolia officinalis (Hou po) (Magnolia officinalis - Branch bark) (8.5% Honokiol)	68.75 mg
Phellodendron amurense (Phellodendron) (Phellodendron amurense - Stem bark) (2.5% Berberine)	22.5mg
Withania somnifera (Ashwagandha) (Withania somnifera - Root) (32% Withania oligosaccharides; 10% Withanolide glycosides)	150 mg

Non-Medicinal Ingredients:

Hypromellose, L-Leucine, Ascorbyl palmitate, Medium chain triglycerides, Silica, Microcrystalline cellulose, Pregelatinized starch, Corn Starch Modified.

Recommended Dose

Adults: 1 capsule twice daily or as directed by your healthcare practitioner. Consult a health care practitioner for use beyond 6 weeks. Use for at least 4 weeks to see a beneficial effect on symptoms of stress.

CAUTION: Consult a health care practitioner if you are: taking any prescription medication; have a kidney disorder, blood pressure problems, or diabetes; suffer from any psychological disorder or condition such as frequent anxiety or depression. Concomitant use with herbs, supplements and medications that have sedative properties might increase the risk of excessive drowsiness. Discontinue use and consult a health care practitioner if you experience symptoms of hypoglycaemia including feelings of anxiety, dizziness, tremor, sweating, nausea or headache. May cause heartburn, shaking hands, perioral numbness, sexual dysfunction and thyroid dysfunction. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Hypersensitivity is known to occur in which case discontinue use.

Contraindications: Do not use if you are pregnant, breastfeeding, or allergic to members of the Lythraceae family. Consumption with alcohol, other medications, or natural health products with sedative and/or analgesic properties is not recommended.

Storage: Keep closed in a cool, dry place out of reach of children. Do not use if tamper seal is broken or missing.

Sensori® is a trademark of Natreon, Inc. and is protected under US patents 6,153,198 and 7,318,938.



Suntheanine® Suntheanine®, a patented form of L-Theanine, is a trademark of Taiyo International, Inc.



†Relora® is a registered trademark of NPI, LLC.
‡US patent 6,582,735

References

1. Sufka KJ, Roach JT, Chambliss WG Jr, et al. *Psychopharmacology* (Berl). 2001;153(2):219-224. doi:10.1007/s002130000571
2. LaValle JB, Hawkins EB. Botanicals in dietary supplements: stress and anxiety: the potential benefit of a proprietary combination of magnolia and phellodendron extracts. Dana Point, CA: Integrative Health Resources; 2013:1-15. Accessed February 22, 2015. <http://www.nextpharmaceuticals.com/stage/pdfs/Relora%20Article-2013-LaValle.pdf>
3. Talbott SM, Talbott JA, Pugh M. *J Int Soc Sports Nutr*. 2013;10(1):37. doi:10.1186/1550-2783-10-37
4. Garrison R, Chambliss WG. *Altern Ther Health Med*. 2006;12(1):50-54.
5. Kalman DS, Feldman S, Feldman R, et al. *Nutr J*. 2008;7:11. doi:10.1186/1475-2891-7-11
6. Pingali U, Pilli R, Fatima N. *Pharmacognosy Res*. 2014;6(1):12-18. doi:10.4103/0974-8490.122912
7. Chengappa KN, Bowie CR, Schlicht PJ, et al. *J Clin Psychiatry*. 2013;74(11):1076-1083. doi:10.4088/JCP.13m08413
8. Abedon B, Auddy B, Hazra J, et al. *JANA*. 2008;11(1):50-56.
9. Pingali U, Pilli R, Fatima N. *Curr Top Nutraceutical Res*. 2013;11(4):151-158.
10. Pingali U, Fatima N, Kumar CU, et al. *Int J Ayur Pharma Research*. 2014;2(3):22-32.
11. Tian X, Sun L, Gou L, et al. *Brain Res*. 2013;1503:24-32. doi:10.1016/j.brainres.2013.01.048
12. Unno K, Tanida N, Ishii N, et al. *Pharmacol Biochem Behav*. 2013;111:128-135. doi:10.1016/j.pbb.2013.09.004
13. Yoto A, Motoki M, Murao S, et al. *J Physiol Anthropol*. 2012;31:28. doi:10.1186/1880-6805-31-28
14. Nobre AC, Rao A, Owen GN. *Asia Pac J Clin Nutr*. 2008;17 Suppl 1:167-168.
15. Lyon MR, Kapoor MP, Juneja LR. *Altern Med Rev*. 2011;16(4):348-354.
16. Miura T, Takagi S, Ishida T. *Evid Based Complement Alternat Med*. 2012;2012:871495. doi:10.1155/2012/871495
17. Miura T, Itoh Y, Kaneko T, et al. *Biol Pharm Bull*. 2004;27(7):1103-1105. doi:10.1248/bpb.27.1103
18. Rollinger JM, Kratschmar DV, Schuster D, et al. *Bioorg Med Chem*. 2010;18(4):1507-1515. doi:10.1016/j.bmc.2010.01.010

Additional references available upon request

EXCLUSIVE • PATENTED

