

REDUCE CORTISOL LEVELS FOR ALL DAY STRESS REDUCTION AND RESTFUL SLEEP!

Cortisol, often referred to as the “stress hormone”, is produced by the adrenal cortex in response to stress. Cortisol is therefore intricately involved in many physiological functions, including the regulation of healthy blood sugar metabolism, maintenance of healthy blood pressure levels already within normal limits, establishment of healthy immune system function, and promotion of the body’s natural anti-inflammatory response. When exposed to internal or external stress, the brain sends a message to the adrenal glands to increase cortisol secretion. The body responds by providing a surge in energy, increasing mental alertness, and raising blood pressure, thereby preparing the body for the “fight-or-flight” response.

While this response provides an effective mechanism for coping with an acute stressor, increased or prolonged exposure to stress can lead to disruptions to normal cortisol levels. Disruptions in cortisol balance, in turn, can lead to changes in body chemistry, altering the balance of hormones and affecting the systems of the body. Research has shown that maintaining healthy cortisol levels can reduce stress, relieve occasional sleeplessness and fatigue, and optimize immune system and neurological function.

Cortisol Manager stress hormone stabilizer combines an effective dose of phosphatidylserine with stress-reducing ingredients and cortisol-lowering botanicals to help reduce stress hormones and relieve occasional sleeplessness. This supplement promotes relaxation and supports a healthy sleep cycle without the use of habit-forming ingredients.

Cortisol Manager is a safe and natural formula to increase the ability to fall asleep and stay asleep, while also providing all-day stress reduction.

- Safe: promotes relaxation with no habit-forming ingredients
- Natural: will not cause morning grogginess
- Effective: 71% of study participants experienced improved sleep
- Fast Acting: reduced cortisol by more than 60% after only 24 hours

FOR A BETTER NEXT DAY, RIGHT AWAY

A 28-day pilot study found that Cortisol Manager significantly reduced stress during the course of the study. In a subgroup tested for salivary cortisol levels, a drop of more than 60% was observed after the first dose, and averaged 75-83% reduction at study’s end.

A PARTICIPANT SURVEY ALSO REVEALED:

- 71% of participants felt more relaxed during the day
- 71% experienced improved sleep
- 64% achieved deeper sleep, while 57% felt they fell asleep more easily
- 57% felt their stress level was reduced
- 57% felt they were better able to handle stressful situations

Additionally, the participant survey revealed that:

- 71% of participants felt more relaxed during the day
- 71% experienced improved sleep
- 57% felt their stress level was reduced
- 57% felt they were better able to handle stressful situations
- 64% achieved deeper sleep, while 57% felt they fell asleep more easily

Several studies have shown that ashwagandha enhances energy levels and stress resistance. The herb reduces levels of corticosterone, a stress hormone closely related to cortisol. Research has also documented ashwagandha's mood-enhancing effects. In addition, ashwagandha helps promote healthy immune system function by increasing red and white blood cell counts and platelet counts.

L-theanine is an amino acid known to promote relaxation and stress reduction by inducing muscle relaxation, reducing occasional anxiety, and maintaining blood pressure already within normal limits. L-theanine increases the activity of alpha brain waves—the type associated with increased feelings of relaxation. It also increases the concentration of certain neurotransmitters including serotonin and dopamine, which promote muscle relaxation and provide relief for occasional sleeplessness. Magnolol and honokiol extracts, derived from magnolia, have promoted relaxations in animal studies. In a randomized, placebo controlled study supplementation with a combination of extracts of magnolia and phellodendron resulted in a decrease in transitory anxiety. Flavonoids in *Epimedium koreanum* has been shown in animals to support a healthy response to stress by the hypothalamic-pituitary-adrenal axis. Extracted from soy lecithin, phosphatidylserine has been clinically shown to significantly reduce serum adrenocorticotropin (ACTH) and cortisol levels and salivary cortisol levels following mental stress. It also reduces plasma levels of epinephrine, norepinephrine, ACTH and cortisol after exposure to physical stress. This phospholipid is a critical structural component of neuronal cells and helps promote a positive mood, by decreasing feelings of stress.

CONCLUSION:

Cortisol Manager as a dietary supplement has been shown to promote stress-relief and quality sleep by balancing levels of cortisol, the stress hormone. This safe and natural formulation promotes relaxation with no habit-forming ingredients and no morning grogginess. Cortisol Manager supports healthy cortisol levels, which in turn can help reduce stress, relieve occasional sleeplessness and fatigue, and optimize immune system and neurological function.

Cortisol Manager features:

- Patented ingredients
- Sensoril brand Ashwagandha, US Patent 6,713,092
- Suntheanine® brand L-Theanine, US Patent Nos. 6,589,566 & 6,297,280
- Clinically effective level of phosphatidylserine²
- Fast acting formulation: Reduced cortisol levels after only 24 hours
- Safe and effective: No morning grogginess and no habit-forming ingredients

Cortisol Manager was examined in a preliminary, open-label study involving 21 volunteers. The combination was taken each night, and results were assessed using salivary cortisol

measurements as well as self-assessment questionnaires. According to the Zung Anxiety Self-Assessment, Cortisol Manager produced a statistically significant reduction in stress over the course of the 28-day study. After 2 weeks scores reduced from a baseline of 39.8 to 35.5 ($p=0.04$); after 4 weeks from 39.8 to 32.7 ($p=0.005$). Contact us for more information.

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