

# VITANICA® ~ CORTISOL RELIEF™



Cortisol Relief promotes healthy cortisol levels and thus promotes a healthy stress response, promotes relaxation, promotes a deeper and restful sleep cycle and maintains optimal health and aging.

## Featured Ingredients:

- Adaptogenic support with: **Ashwagandha root** & **Cordyceps** promoting healthy stress adaptation and a regulated sleep circadian rhythm.
- **Magnolia** with **Phellodendron (Relora®)**, a proprietary blend, has been shown to promote normal hormone levels associated with stress
- **Phosphatidylserine** is an important brain nutrient and promotes maintenance of normal and healthy cortisol levels
- **L-theanine** & **Lemon Balm** also promote calm and reduced feelings of stress
- **Mimosa tree bark** comes from the Mimosa tree, “the tree of happiness”, which is known to promote important neurotransmitters to support the mood, optimize the time it takes to fall asleep, and reduce mental chatter

## Supplement Facts

Serving Size 1 Capsule,  
60 Servings per Container

Amount per Serving		% Daily Value
L-Theanine	100 mg	†
Phosphatidylserine	50 mg	†
Ashwagandha ( <i>Withania somnifera</i> ) root extract (4.5% withanolides)	200 mg	†
Relora® proprietary ( <i>Magnolia officinalis</i> and <i>Phellodendron amurense</i> ) bark extract blend	250 mg	†
Lemon balm ( <i>Melissa officinalis</i> ) aerals	50 mg	†
Mimosa tree ( <i>Albizia lebbbeck</i> ) bark and flower	50 mg	†
Cordyceps ( <i>Cordyceps militaris</i> ) mushroom	50 mg	†
† Daily Value not established		

Other ingredients: Vegan capsule (Hyprumellose and water), silica.

Cortisol Relief™ is suitable for vegetarians and vegans.

**Indications:** Cortisol is a stress hormone the body needs to regulate the stress response in the brain. It also plays a role in maintaining healthy blood pressure and glucose utilization, which insures that our body can react as fast as possible with good energy and alertness. However, when cortisol levels remain inappropriately elevated for extended periods of time... it can lead to significant disruption several support systems. Cortisol Relief promotes healthy stress responses and supports maintenance of healthy sleep patterns.

**Suggested Use:** 1 capsule daily. For best results, take with an evening meal.

Size ~ 60 caps; UPC code ~ 7-08118-01043-9

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