

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**, when taken together, have 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 (Albizia)** 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
Servings per Container 60

| Amount per Serving | | % Daily Value |
|-----------------------------------------------------------------|--------|---------------|
| Ashwagandha (<i>Withania somnifera</i>) root extract | 200 mg | † |
| L-Theanine | 100 mg | † |
| Albizia (<i>Albizia julibrissin</i>) bark extract | 100 mg | † |
| Cordyceps (<i>Cordyceps militaris</i>) fruiting body extract | 100 mg | † |
| Magnolia (<i>Magnolia officinalis</i>) bark extract | 75 mg | † |
| Phosphatidylserine | 50 mg | † |
| Lemon balm (<i>Melissa officinalis</i>) leaf and stem extract | 50 mg | † |
| Phellodendron (<i>Phellodendron amurense</i>) bark extract | 25 mg | † |

† Daily Value not established

Other ingredients: Vegan capsule (Hypromellose and water), L-leucine, silica.

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. Best taken in the evening at bedtime.

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

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