



Available in 60 and 120 capsules

### Discussion

**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.<sup>1,2</sup> 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.<sup>2-5</sup> 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.\*<sup>3</sup>

**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 ashwagandha preparations and produces very high, powerful levels

## Clinical Applications

- » Helps the Body Cope With the Physiological Effects of Stress\*
- » Supports Healthy Cortisol Levels\*
- » Supports Relaxation and Restful Sleep\*
- » Promotes Mental Clarity\*
- » Helps Alleviate Occasional Fatigue\*

*Cortisolv® helps your body resist and recover from the effects of everyday stress. Components of this multifunctional formula have been shown to support healthy cortisol levels, help alleviate occasional fatigue, promote mental clarity, and support relaxation and restful sleep.\**

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.<sup>6-10</sup> 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.<sup>11</sup> In humans, similar results were observed where L-theanine helped the body resist biochemical changes associated with stress.<sup>12,13</sup> 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.<sup>14</sup> 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.\*<sup>15</sup>

**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.<sup>16,17</sup> Additionally, corosolic acid inhibits the enzyme that facilitates the conversion of cortisone to cortisol.<sup>18</sup> The banaba leaf extract in this formula is standardized to 1% corosolic acid.

**Cortisolv® Supplement Facts**

Serving Size: 1 Capsule

	Amount Per Serving	%Daily Value
Proprietary blend of a patented extract from ( <i>Magnolia officinalis</i> ) (bark) and a proprietary extract from ( <i>Phellodendron amurense</i> ) (bark) <sup>S1</sup>	250 mg	**
Ashwagandha Extract ( <i>Withania somnifera</i> ) (root and leaf) (0.4% withanolides) <sup>S2</sup>	150 mg	**
L-Theanine <sup>S3</sup>	100 mg	**
Banaba Extract ( <i>Lagerstroemia speciosa</i> ) (leaf) (1% corosolic acid)	50 mg	**
** Daily Value not established		

**Other Ingredients:** Capsule (hypromellose and water), L-leucine, ascorbyl palmitate, medium-chain triglyceride oil, silica, and microcrystalline cellulose.

**DIRECTIONS:** Take 1 capsule twice daily, or use as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional. Do not use if tamper seal is damaged.

**STORAGE:** Keep closed in a cool, dry place out of reach of children.

**FORMULATED TO EXCLUDE:** Wheat, gluten, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, ingredients derived from genetically modified organisms (GMOs), artificial colors, and artificial sweeteners.



S1. Relora® is a registered trademark of NPI, LLC  
U.S. patent 6,582,735.



S2. Sensoril® is protected under U.S. patent 7,318,938 and CA patent 2,508,478, and is a registered trademark of Natreon, Inc.



S3. Suntheanine® is a registered trademark of Taiyo International, Inc. U.S. patents 6,831,103, 6,589,566, and 6,297,280.

**References**

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All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

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

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