



# CORTISOL PRO

## What Is CORTISOL PRO?

Cortisol Pro is formulated with a comprehensive panel of patented, biologically active ingredients that are scientifically backed for supporting healthy cortisol rhythms and adrenal function.\* Cortisol is the primary glucocorticoid in humans. It is a type of steroid hormone produced in the adrenal glands, regulating metabolism, development, immune function, and cognition/alertness. While cortisol is an essential hormone necessary to sustain life, too much (or too little) of it can wreak havoc on bodily systems.

Cortisol is typically elevated right after waking up, and decreases throughout the day (assuming external stressors don't arise). Chronically elevated cortisol levels, or disruption of natural cortisol rhythms, can make you feel restless, lethargic, anxious, and weaken immunity. Moreover, excessive cortisol secretion poses metabolic risks such as impaired insulin response (i.e. insulin resistance); cardiovascular risks such as elevated blood pressure and blood lipids; mental health risks such as mood swings and anxiety; and bone health risks.\*

Read on to learn more about how Cortisol Pro works to support healthy cortisol levels and adrenal functions in your body.\*

## How CORTISOL PRO Works

Cortisol Pro contains patented Sensoril® (Ashwagandha), Suntheanine® (L-theanine) and Relora® (*Magnolia officinalis* and *Phellodendron amurense*). These plant-based ingredients support overall wellbeing and mood by balancing stress hormone production from the hypothalamic-pituitary-adrenal (HPA) axis.\*

\* 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.

Cortisol Pro also contains key stress support ingredients such as maral extract (*Rhaponticum carthamoides*), phosphatidylserine, N-acetylcysteine (NAC) and rhodiola root (*Rhodiola rosea*). Maral root, much like Ashwagandha root, has been shown to have adaptogenic properties in humans and supports healthy cortisol secretion.\*

Furthermore, studies suggest that phosphatidylserine supplementation supports healthy cortisol secretion by providing the necessary phospholipids required for cellular membrane structure and regulatory functions, thus reducing the requirement for bodily tissue breakdown and nutrient displacement.\*

Rhodiola is a perennial flowering plant containing a potent active ingredient called salidroside (particularly in the roots). Research suggests that salidroside has an effect on stress-induced cortisol secretion.\* Rhodiola also appears to have adaptogenic properties and supports relaxation.\* NAC, a bioavailable form of the amino acid L-cysteine, appears to have similar attenuating effects on cortisol secretion.\*

## CORTISOL PRO Supplementation

Given the many physiological benefits of healthy cortisol rhythms, Cortisol Pro supplementation can support overall well-being and longevity in a variety of ways.\* These evidence-based benefits may include:

- Support healthy blood sugar profile\*
- Support healthy blood lipid profile\*
- Support healthy sleep patterns\*
- Support brain health and memory function\*
- Support healthy inflammatory response\*
- Support healthy endothelial function\*
- Support healthy appetite regulation\*
- Support healthy cardiovascular, adrenal, and immune function\*

## CORTISOL PRO Dosing Recommendations

Supplement Facts		
Serving Size: 2 Capsules Servings Per Container: 30		
	Amount Per Serving	%DV**
Maral Root Extract ( <i>Rhaponticum carthamoides</i> )	300 mg	**
N-Acetyl-L-Cysteine	300 mg	**
Relora® brand <i>Magnolia officinalis</i> Bark Extract and <i>Phellodendron amurense</i> Bark Extract	250 mg	**
Rhodiola Rosea Root	250 mg	**
Sensoril® Ashwagandha ( <i>Withania somnifera</i> ) Root and Leaf Extract (10% Withanolides)	150 mg	**
Suntheanine® (L-Theanine)	100 mg	**
Phosphatidylserine (From Sunflower Lecithin)	100 mg	**

\*\*Daily Value (DV) not established.

**Other Ingredients:** Cellulose (Vegetable Capsule), Rice Flour, L-Leucine, Silicon Dioxide.

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



†Relora® & logo are InterHealth N.I. trademarks



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

Adults take two capsules daily as a dietary supplement, prior to a meal, or as directed by your healthcare practitioner.

Note: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

## The TonicSea Quality Difference

This product is produced in a cGMP facility. It is also free of wheat/gluten, soy, shellfish, dairy, egg, tree nuts, artificial colors/preservatives, and GMOs.



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