



## Product Information

# Cortisol Calm

### DESCRIPTION

Cortisol Calm, available from Medical Wellness Associates, is a blend of herbal extracts and vitamin D designed to maintain healthy cortisol levels and to support relaxation, restful sleep, and positive mood during times of stress.

### FUNCTIONS

**Supports Healthy Cortisol Production:** Cortisol, released in response to stress, is mainly produced by the adrenal cortex. Intra-abdominal adipocytes also produce cortisol.

In a recent study, Sensoril® ashwagandha extract promoted relaxation and maintained healthy cortisol and C-reactive protein levels. Subjects in this randomized, double blind, placebo-controlled study reported support for healthy sleep, positive mood and cognitive function. The effects were most pronounced for subjects taking 500 mg per day compared to lesser doses.

Rhodiola and magnolia may also maintain healthy adrenal cortisol activity and offer support for stress, mood and emotional well-being.

L-Theanine supports normal brain alpha-wave activity, helping calm the sympathetic nervous system for a relaxing effect. Recent research suggests that maintaining healthy vitamin D levels supports normal cortisol production within abdominal adipocytes.

### SUGGESTED USE

Adults take 2 capsules per day, in divided doses, with meals.

### SIDE EFFECTS

Not to be taken by pregnant or lactating women. A clinical trial involving magnolia did report one subject with heartburn, shaking and sexual dysfunction and another with fatigue and headache. Consult your physician for more information.

### DRUG INTERACTIONS

Cortisol Calm may be contra-indicated or require monitoring in patients taking barbiturates, CNS depressants or benzodiazepine medications. Consult your physician for more information.

### FORMULA

Each Cortisol Calm capsule contains:

Vitamin D3.....	800 i.u.
Sensoril® ashwagandha (withania somnifera) extract (root and leaf).....	500 mg
Rhodiola Rosea Extract (root).....	250 mg (standardized to contain 3% total rosavins and min. 1% salidosides)
Magnolia Officinalis Extract (bark).....	200 mg (standardized to contain 2% honokiol)
L-Theanine.....	100 mg
Vitamin C (as ascorbyl palmitate).....	20 mg

**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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