

# Cortitrol®

## PROMOTES RELAXATION

DIETARY SUPPLEMENT AUST L 117320



### Positioning Statement

Cortitrol® is a unique dietary supplement that helps modulate cortisol levels and promote relaxation through a proprietary blend of ingredients shown to promote healthy cortisol levels.

### Concept

Cortisol, sometimes referred to as the “fight-or-flight” hormone, is manufactured in the adrenal glands in response to emergency situations. The sporadic release of cortisol is both normal and essential to human health. In fact, scientific evidence shows that maintaining normal levels of cortisol supports various aspects of human health. The too frequent release of cortisol results in elevated cortisol levels, which can have a multi-factorial effect on human health.

Cortitrol® is a unique dietary supplement that helps support healthy levels of cortisol by combining natural ingredients that have been scientifically shown to have direct cortisol-balancing effects.

Pharmanex's proprietary formula also contains an all-natural theanine extract made from green tea leaves.

### Primary Benefits

- Promotes relaxation
- Manages cortisol levels
- Enhances feelings of well-being
- Promotes a calming effect

### What Makes This Product Unique?

Cortitrol® is a unique patent-pending dietary supplement that supports healthy cortisol levels. Cortitrol® contains a proprietary blend of ingredients that both modulate cortisol levels and improve mental function and contains a proprietary, all-natural form of theanine extracted from green tea leaves.

### Who Should Use This Product?

- Adults who want to feel more calm and relaxed throughout the day
- Adults who generally get less than eight hours of sleep (often associated with elevated cortisol levels)
- Adults who exercise frequently (often associated with elevated cortisol levels)
- Coffee drinkers (as 2 to 3 cups of coffee per day can elevate cortisol levels)

### Did You Know?

- Cortisol can have effects when there is either too much cortisol or the body is exposed to cortisol on a regular basis
- Research shows that continuously elevated cortisol levels are associated with difficulty maintaining weight, difficulty feeling relaxed, sugar or carbohydrate cravings, fatigue, and increasingly negative perspective, moodiness, increased symptoms of the menstrual cycle and increased appetite
- Research shows that drinking 2 to 3 cups of coffee per day can elevate cortisol levels

### Frequently Asked Questions

#### *What ingredients does Cortitrol® have?*

The key active constituents found in Cortitrol® include magnolia bark (*Magnolia officinalis*), epimedium (*Epimedium koreanum*), L-theanine and phosphatidylserine.

- Magnolia Bark – A traditional Chinese medicine used since 100 AD, magnolia bark's two active compounds - magnolol and honokiol - contribute to the primary relaxing and cortisol-lowering effects. Numerous studies have demonstrated honokiol to act as a non-sedating, calming agent at low doses.
- Epimedium – Used as a medicinal herb dates back to at least 400 AD. It has been used to boost libido and relieve fatigue. Studies have shown that epimedium functions like an adaptogen by reducing elevated levels of cortisol.

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- Theanine – L-theanine is found in green tea leaves. Theanine is a unique amino acid that addresses tension and anxiety without drowsiness. By increasing the brain's production of alpha waves, which is believed to be an index of relaxation, theanine acts as a non-sedating relaxant and has also been shown to promote concentration in students.
- Phosphatidylserine – A phospholipid found in all cell membranes and concentrated in brain cells and thought to be related to brain cell function. It has been shown to modulate many aspects of cortisol overproduction, especially following intense exercise. Recent studies have shown phosphatidylserine to reduce cortisol levels by 15 to 30 per cent following heavy exercise.

## How does Cortitrol™ work?

The constituents of Cortitrol® address various aspects of cortisol management. Cortitrol® combines natural ingredients scientifically shown to have direct cortisol-balancing effects. Cortitrol® helps provide feelings of well-being via the calming effects of magnolia bark and the relaxation effects of L-theanine. Epimedium helps maintain healthy cortisol levels, while phosphatidylserine helps manage cortisol elevation.

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## What is cortisol?

Cortisol is a stress-related hormone, sometimes referred to as the "fight-or-flight" hormone, manufactured in the adrenal glands, which are adjacent to the kidneys. The sporadic release of cortisol is both normal and essential to human health.

## Why is it important to have healthy levels of cortisol?

Scientific evidence shows that maintaining normal levels of cortisol supports various aspects of human health. There are many factors that can trigger the release of cortisol in the body, such as frequent exercise or lack of sleep. Elevated cortisol levels are the result of the too frequent release of cortisol in the body, which can have a multi-factorial effect on your health.

## Is Cortitrol® safe?

Cortitrol® is safe and well tolerated at the recommended dosage.

## Are there any known drug interactions?

If you are taking a prescription medication, consult a doctor prior to use. Consult a doctor if you are taking prescription "anti-stress" medications such as anxiolytics, sedatives, or hypnotics. Consult a doctor if you are taking central nervous system depressants, tricyclic antidepressants, anti-epileptics, muscle relaxants, anticoagulants, corticosteroids, quinalone antibiotics, or anti-cancer drugs.

## Key Scientific Studies

1. Björntorp P, Rosmond R. Obesity and cortisol. Nutrition. 2000 Oct;16(10):924–36.
2. Björntorp P, Rossner S, Udden J. "Consolatory eating" is not a myth. Stress-induced increased cortisol levels result in leptin-resistant obesity. Lakartidningen. 2001 Nov 28;98(48):5458–61.
3. Raikkonen K, Hautanen A, Keltikangas-Jarvinen L. Association of stress and depression with regional fat distribution in healthy middle-aged men. J Behav Med. 1994 Dec;17(6):605–16.
4. Epel E, Moyer AE, Martin CD, Macary S, Cummings N, Rodin J, Rebuffe-Scrive M. Stress-induced cortisol, mood, and fat distribution in men. Obes Res. 1999 Jan;7(1):9–15.
5. Epel E, Lapidus R, McEwen B, Brownell K. Stress may add bite to appetite in women: a laboratory study of stress-induced cortisol and eating behavior. Psychoneuroendocrinology. 2001 Jan;26(1):37–49.
6. Peeke PM, Chrousos GP. Hypercortisolism and obesity. Ann N Y Acad Sci. 1995 Dec 29;771:665–76.
7. Vanitalie TB. Stress: a risk factor for serious illness. Metabolism. 2002 Jun;51(6 Suppl 1):40–5.

## Supplement Facts

### Amount Per Tablet

Magnolia officinalis (magnolia)	433 mg
extract equiv. to dry stem bark	
Epimedium brevicornu (epimedium)	600 mg
extract equiv. to dry leaf	
Camellia sinensis (green tea)	13.3 g
extract equiv. to dry leaf (standardised to theanine 66.7 mg)	
Soy phosphatidylserine – enriched soy lecithin powder	9.8 mg
(equiv. to soy phosphatidylserine 8.3 mg)	

**Other Ingredients:** Microcrystalline Cellulose, Magnesium Stearate, Rice Starch, Calcium Carbonate, Purified Talc, Film Coating.

## Directions for Use

As a dietary supplement, take two to three (2-3) tablets daily. Take two (2) tablets with your evening meal. For optimal results take an additional (1) capsule with your morning meal. Store in a cool, dry place.

## Packaging

60 tablets (20-30 day supply)

## Warnings

Keep out of reach of children. If you are pregnant, lactating, taking a prescription medication, or allergic to any component of this product, consult a doctor prior to use. This supplement should be discontinued two weeks prior to surgery.

Contains Caffeine (1.78 mg per tablet).

