

# Cortitrol®

## Cortisol Management

**SUPPORTS HEALTHY CORTISOL LEVELS\***



### Positioning Statement

Cortitrol® is a unique dietary supplement that helps you stay calm and relaxed 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 TheaPure™, an all-natural theanine extract made from green tea leaves. TheaPure™ supports your ability to respond to situations more calmly.\*

### Primary Benefits

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

### What Makes This Product Unique?

- Patent-pending blend of ingredients that modulates healthy cortisol levels\*
- Contains TheaPure™, an all-natural, proprietary theanine extract made 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)

### Did You Know?

- A clinical study sponsored by Pharmanex® and performed at the University of Connecticut was recently completed on Cortitrol®
- The secretion of cortisol leads to the release of amino acids into the bloodstream, which are then used by the liver to synthesize glucose for energy
- Normal levels of cortisol in the bloodstream range from 6 to 23 mcg/dl (micrograms per deciliter)
- 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*), TheaPure™ (L-theanine), beta sitosterol, and phosphatidylserine.

#### *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 enhanced feelings of well-being via the calming effects of magnolia bark and the relaxation effects of TheaPure™. Epimedium helps maintain healthy cortisol levels, while phosphatidylserine helps manage cortisol elevation. Beta-sitosterol helps promote healthy cortisol levels during exercise.\*

# Cortitrol®

## Why is Cortitrol™ unique?

Cortitrol® provides a patent-pending, proprietary blend of ingredients scientifically shown to balance cortisol levels. Cortitrol® contains TheaPure™, an all-natural, proprietary theanine extract made from green tea leaves.

## 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.

## How are the ingredients in Cortitrol® standardized?

The key active constituents found in Cortitrol® include magnolia bark (*Magnolia officinalis*) extract 4:1, epimedium (*Epimedium koreanum*) water extract 6:1, TheaPure™ (L-theanine from *Camellia sinensis*) extract 70:1, beta sitosterol, and phosphatidylserine. The magnolia bark in Cortitrol® is standardized to 2% honokiol.

## 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 physician prior to use. Consult a physician if you are taking prescription “anti-stress” medications such as anxiolytics, sedatives, or hypnotics. Consult a physician 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. Bjorntorp P, Rosmond R. Obesity and cortisol. *Nutrition*. 2000 Oct;16(10):924–36.
2. Bjorntorp 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. Vanitallie TB. Stress: a risk factor for serious illness. *Metabolism*. 2002 Jun;51(6 Suppl 1):40–5.

## Supplement Facts

Serving Size One Capsule

Amount Per Serving		%Daily Value*
Magnolia ( <i>Magnolia officinalis</i> ) Extract (4:1)	133 mg	*
Epimedium ( <i>Epimedium koreanum</i> ) Water Extract (6:1)	100 mg	*
L-Theanine (TheaPure™) from <i>Camellia sinensis</i> , Extract 70:1, L-Theanine	66.7 mg	*
Phytosterol Ester (with Beta Sitosterol)	50 mg	*
Phosphatidylserine	8.3 mg	*

\*Daily Value not established.

**Other Ingredients:** Gelatin, Silicon Dioxide, Tricalcium Phosphate, Magnesium Stearate, Sodium Caseinate (milk derivative).

## Directions for Use

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

## 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 physician prior to use. This supplement should be discontinued two weeks prior to surgery.

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

