

# Relora<sup>®</sup> 250mg

Promotes Normal, Healthy Cortisol Levels without Sedation



## DESCRIPTION

Relora<sup>®</sup> 250mg is a unique blend containing two patent-pending herbal extracts, specifically designed to support normal, healthy cortisol levels during stress and anxiety.

## FUNCTIONS

Cortisol, a hormone produced in the adrenal glands, plays an important role in the body's regulation of cardiovascular function and fat, protein and carbohydrate utilization. When the body experiences stress, cortisol secretion increases, thus causing a breakdown of muscle protein and the release of amino acids to form glucose via gluconeogenesis. The resulting higher level of glucose in the body, combined with the decreased use of glucose by other tissues in the body, ensures that the brain is receiving adequate energy.

Continuing research indicates that stress and anxiety can have a significant impact on the body's health and wellbeing. While cortisol secretion is an important part of the body's response to stress, the prolonged secretion of cortisol can have detrimental effects to the proper functioning of the body's cardiovascular, immune, neurological and metabolic systems.

Relora<sup>®</sup> 250mg is a patent-pending combination of two herbal extracts of Magnolia and Phellodendron bark (Asian cork tree). Both herbs have been used in traditional Chinese medicine for several hundred years. In a human study, 82% of the participants taking Relora found that Relora helped to control irritability, emotional ups and downs, restlessness, tense muscles, poor sleep, fatigue and concentration difficulties. Relora was found not to cause sedation, though 74% of the patients had more restful sleep. Additionally, no adverse side effects were reported during the trial. Relora was also studied for its effect on salivary levels of DHEA. Two weeks of Relora therapy were shown to increase salivary DHEA for 227%, and decrease total salivary cortisol by 37%. Both hormones were brought into normal range through the utilization of Relora. Studies have also shown that Relora helps reduce stress-related eating, and therefore may be an essential component of a healthy weight management program.

## INDICATIONS

Relora<sup>®</sup> 250mg may be a useful dietary supplement for individuals wishing to support normal mental functioning and cortisol levels with a unique herbal blend.

## FORMULA (MW #10329)

### 1 Capsule Contains:

Relora<sup>®</sup> ..... 250 mg

(a proprietary blend of a patented extract from *Magnolia officinalis* bark and a proprietary extract from *Phellodendron amurense* bark)

Other ingredients: Gelation and water (capsule), cellulose, magnesium stearate, and silica.

This product contains NO sugar, salt, yeast, wheat, gluten, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

Adults take 1 capsule, 2 to 3 times daily at mealtime, or as directed by a healthcare professional.

## SIDE EFFECTS

Warning: Do not use if you are pregnant or lactating. Do not take if currently taking a prescription medication or receiving medical treatment without consulting your physician.

Warning: Consult your physician prior to using this product if you are pregnant or nursing, taking medications or have a medical condition. Discontinue use two weeks prior to surgery.

## STORAGE

Store in a cool, dry place, away from direct sunlight. Keep out of reach of children.

Manufactured For:

**Fireside Pharmacy**  
73847 Hwy III  
Palm Desert, CA 92260  
760.346.1113