

# VITANICA® ~ CORTISOL RELIEF™



Cortisol Relief promotes healthy cortisol levels and thus promotes a healthy stress response, promotes relaxation, promotes a deeper and restful sleep cycle and maintains optimal health and aging.

## Featured Ingredients:

- Adaptogenic support with: **Ashwagandha root** & **Cordyceps** promoting healthy stress adaptation and a regulated sleep circadian rhythm.
- **Magnolia** with **Phellodendron (Relora®)**, a proprietary blend, has been shown to promote normal hormone levels associated with stress
- **Phosphatidylserine** is an important brain nutrient and promotes maintenance of normal and healthy cortisol levels
- **L-theanine** & **Lemon Balm** also promote calm and reduced feelings of stress
- **Mimosa tree bark** comes from the Mimosa tree, “the tree of happiness”, which is known to influence important neurotransmitters to support the mood, optimize the time it takes to fall asleep, and reduce mental chatter

## Supplement Facts

Serving Size 1 Capsule,  
60 Servings per Container

Amount per Serving	% Daily Value
L-Theanine	100 mg †
Phosphatidylserine	50 mg †
Ashwagandha (Withania somnifera) root extract (4.5% withanolides)	200 mg †
Relora® proprietary (Magnolia officinalis and Phellodendron amurense) bark extract blend	250 mg †
Lemon balm (Melissa officinalis) aeriols	50 mg †
Mimosa tree (Albizia lebeck) bark and flower	50 mg †
Cordyceps (Cordyceps militaris) mushroom	50 mg †

† Daily Value not established

Other ingredients: Vegan capsule (Hydromellose and water), silica.

**Indications:** Cortisol is a stress hormone the body needs to regulate the stress response in the brain. It also plays a role in regulating blood pressure and glucose utilization, which insures that our body can react as fast as possible with good energy and alertness. However, when cortisol levels remain inappropriately elevated for extended periods of time... it can lead to significant disruption of several support systems. Cortisol Relief promotes healthy stress responses and supports maintenance of healthy sleep patterns.

**Suggested Use:** 1 capsule daily. For best results, take with an evening meal.

Size ~ 30 caps; UPC code ~ 7-08118-02043-8

Contact ~ 800.572.4712; email ~ info@vitanica.com



## **Quality Control Statement**

Vitanica is committed to maintaining the content and purity of our dietary supplements. We believe this is accomplished by focusing on the principles that contribute to well-designed products which will support health without contributing to toxicity, utilizing safe and effective ingredients.

Good Manufacturing Practices involve having policies in place to assure adequate and clean facilities, training of staff, verifying and tracking suppliers, raw material testing, clean and organized manufacturing and labeling lines, record keeping, finished product testing, clean and regulated warehousing, etc.

At Vitanica, we strive for excellence in these principles.

One way to assure quality is through third party certification via on-premise observation and analysis. At Vitanica, we are glad to say our dietary supplement manufacturing facilities are third-party certified, FDA registered and meet all regulation standards set forth by the FDA Dietary Supplement Health and Education Act as outlined in the code of Regulations, Title 21, part 111. In addition, we are a Silver Partner with Emerson Ecologics Quality Assurance Program.

All said, if products are well made, but not well designed, they may fail at supporting health. At Vitanica, we are proud to remind you our products are researched and designed by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Vitanica works like a business, but with the heart of a healer. Vitanica began in 1994 with the dream of helping women. Every day, we want to impact women's health through education and healing. Quality assurance is an essential element of meeting our dream.