



NutriDyn®

Stress Essentials Cortisol Pro

Adaptogenic Support for Healthy
Stress Response*

PRACTITIONER EXCLUSIVE

Stress Essentials Cortisol Pro Supplementation

High cortisol levels disrupt sleep, cause weight gain, and reduce mood. Stress Essentials Cortisol Pro helps the body resist and recover from the effects of stress.* It provides plant-powered stress support with patented adaptogens clinically proven to promote relaxation and support healthy cortisol levels.*

Supplementation with Stress Essentials Cortisol Pro may include these benefits:

- Supports healthy cortisol levels*
- Promotes healthy stress response*
- Helps alleviate stress-related fatigue*
- Promotes mental clarity*
- Supports healthy body composition*
- Supports athletic performance and muscle recovery*
- Promotes restful sleep and relaxation*

How Stress Essentials Cortisol Pro Works

Expansive clinical research supports the efficacy of the patented nutrients in Stress Essentials Cortisol Pro to help the body recover from and adapt to unresolved stress by promoting healthy cortisol levels.*

The maral root extract in the formula is an adaptogenic herb known to promote immune health and support stress resistance in the body.*^{1,2} Maral root extract also promotes healthy glucose and lipid metabolism, with research focused on how it may support healthy body composition.*³

Patented Relora® is a proprietary blend of magnolia bark extract and phellodendron bark extract included to support healthy stress response and its impact on stress eating, body weight, energy levels, and sleep issues.*^{4,5,6} Research has also shown Relora® may help promote athletic performance and muscle recovery by supporting healthy cortisol levels after intense exercise.*⁴



For more information, visit: www.nutridyn.com

Rhodiola rosea is a traditional adaptogenic herb commonly used in supporting healthy stress response.♦ Research on chronic stress and burnout has shown *Rhodiola rosea* promotes mental clarity and may help alleviate stress-related fatigue.♦7,8

Highly bioactive Sensoril® ashwagandha has been the subject of ten randomized, double-blind, placebo-controlled clinical studies showing how it supports stress resistance in the body, promotes restful sleep, and supports mental clarity.♦9,10 Sensoril® uses a unique patented blend of leaves and roots to give it higher levels of withanolide glycosides known for promoting healthy stress response.♦11,12

Suntheanine® is a patented form of the amino acid L-theanine, featured in more than 200 clinical studies focused on sleep quality, healthy stress response, mental performance, and maintenance of healthy body weight.♦13,14 Bioavailable L-theanine is able to cross the blood-brain barrier to help support the central nervous system in supporting multiple bodily systems.♦13,14

Why Use Stress Essentials Cortisol Pro?

Getting adequate sleep, eating a nutritious diet, and regularly exercising can reduce stress. But when that isn't enough, Stress Essentials Cortisol Pro delivers the most advanced adaptogens available to help the body's ability to support a healthy stress response.♦

References:

1. Uryu O et al. *Zoological Lett.* 2015;1(32).
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3. Dushkin M et al. *BMC Complement Altern Med.* 2014;14:33.
4. Talbott SM. *J Int Soc Sports Nutr.* 2013;10(37).
5. Kalman DS et al. *Nutr J.* 2008;7(11).
6. Garrison R et al. *Altern Ther Health Med.* 2006;12(1):50-54.
7. Angheliescu IG et al. *Int J Psychiatry Clin Pract.* 2018;22(4):242-252.
8. Ross S. *Holist Nurs Pract.* 2014;28(2):149-154.
9. Pingali U, Pilli R, Fatima N. *Pharmacognosy Res.* 2014;6(1):12-18.
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11. Kumar P et al. *BioMed Res Int.* 2014;182029.
12. Patel S et al. *J Ayurveda Integr Med.* 2016;7:30-37.
13. Takeshima M et al. *J Clin Biochem Nutr.* 2016;59(2):93-99.
14. Hidese S et al. *Nutrients.* 2019;11(10):2362.

Supplement Facts

Form: 60 Capsules

Serving Size: 2 Capsules

Ingredients:	Amount	%DV
Maral Extract	300 mg	*
(root; <i>Rhaponticum carthamoides</i>)		
<i>Magnolia officinalis</i> Extract and	250 mg	*
<i>Phellodendron amurense</i> Extract (bark) (Relora®)		
<i>Rhodiola rosea</i> Powder (root)	250 mg	*
Ashwagandha Extract (root and leaf;	150 mg	*
<i>Withania somnifera</i> ; 10% withanolides) (Sensoril®)		
L-Theanine (Suntheanine®)	100 mg	*
Phosphatidylserine (from sunflower)	100 mg	*

Other Ingredients: Hypromellose, microcrystalline cellulose, L-leucine.

Sensoril® is a registered trademark of Natreon, Inc. and is protected under US patents 6,153,198 and 7,318,938.

Relora® is a registered trademark of Lonza.

Suntheanine® is a registered trademark of Taiyo International, Inc.

Suggested Use: Take two capsules daily or as directed by your healthcare practitioner.

Caution: Do not use if pregnant. If nursing or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

♦ 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.



PRODUCED IN A
cGMP FACILITY



NON-GMO



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN