



# **Cortisol Balance Support : Advanced Stress Support Formula**

A sophisticated adaptogenic and neuroregulatory formula crafted to modulate the body's stress response by supporting adrenal function, neurotransmitter balance, and circadian rhythm. Blending evidence-based botanicals, calming amino acids, key micronutrients, and restorative mushrooms to promote resilience against chronic stress, anxiety, and sleep disruption.

# Key Benefits



## Adrenal Adaptation & Cortisol Regulation

Ashwagandha, Rhodiola, American Ginseng, and Gynostemma modulate the HPA axis and promote balanced cortisol production in response to stress.



## Nervous System Calm & Sleep Support

GABA, L-Theanine, Valerian Root, Chamomile, Skullcap, and Passion Flower calm the nervous system, aiding relaxation and improving sleep quality.



## Mood, Focus & Neuroprotection

Lion's Mane, St. John's Wort, and Ginkgo Biloba support cognitive clarity, uplift mood, and protect against stress-induced neuroinflammation.



## Sleep & Circadian Support

Melatonin, Magnesium, and Lavender regulate sleep-wake cycles and improve sleep depth, which is critical for cortisol normalization.

# Why This Formula Is Unique



## Triple Adaptogen Matrix

Combines fast-acting (Rhodiola), calming (Ashwagandha), and rejuvenative (Ginseng, Gynostemma) adaptogens to provide both immediate and long-term stress modulation.



## Multifaceted Sleep Support

Melatonin is combined with calming herbs and nutrients (Valerian, Chamomile, L-Theanine) for a non-sedative, synergistic sleep aid that supports cortisol's natural diurnal rhythm.



## Mushroom-Infused Adrenal Resilience

Reishi and Maitake contribute immune and endocrine modulation, while Lion's Mane supports neurogenesis often impaired by prolonged stress.



## Gut-Brain-Immune Axis Support

Barberry (berberine), Corydalis, and Spirulina assist in regulating inflammation and gut-derived stress signals that feed into the HPA axis.

Recommended usage: 4 capsules per day - 2 in the morning and 2 at night

# Stage-Based Effects

1

## 0-6 Hours: Immediate Effects

**Focus:** Fast-acting nervous system calming, cortisol suppression, and mood stabilization.

**Key Ingredients:** GABA, L-Theanine, Valerian Root, Melatonin, Kava, Passion Flower, Chamomile, Lavender, Magnesium, Vitamin C, Vitamin B6

**Outcome:** Relaxation, reduced mental and physical tension, cortisol suppression, and improved mood.

2

## 6-24 Hours: Sustained Effects

**Focus:** Daily cortisol rhythm regulation, inflammation buffering, and HPA axis balance.

**Key Ingredients:** Ashwagandha, Rhodiola, American Ginseng, Schisandra, Reishi, Lion's Mane, Green Tea, Rooibos, Omega 3, Taurine, Folic Acid, Zinc

**Outcome:** Steady energy, emotional balance, and reduced inflammatory signaling driven by stress hormones.



# Long-Term Benefits

## Days to Weeks: Adaptive & Cellular Effects

**Focus:** Adrenal and mitochondrial repair, neurotransmitter pool recovery, and metabolic recalibration.

**Key Ingredients:** Alpha Lipoic Acid, NAC, Lion's Mane, Corydalis, St. John's Wort, Ginkgo, Gotu Kola, Vitamin E, Spirulina, MCT

**Outcome:** Enhanced resilience, clearer thinking, and recovery from chronic stress effects on brain, adrenals, and mood.

1

2

## Weeks to Months: Long-Term Benefits

**Focus:** Circadian regulation, hormonal harmony, emotional resilience, and stress-aging protection.

**Key Ingredients:** HTP, Melatonin, GABA, Rhodiola, Ashwagandha, Schisandra, Zinc, Folic Acid, Vitamin B6, Reishi

**Outcome:** Stable cortisol rhythms, emotional regulation, deepened resilience, and enhanced stress recovery capacity.

Cortisol Balance Support delivers comprehensive support from immediate relief to long-term resilience, addressing the full spectrum of stress-related challenges.

# Research-Backed Ingredients



## Adaptogen Research

Ashwagandha, Rhodiola, and American Ginseng have been shown to significantly regulate cortisol and HPA axis function, enhancing overall mental and physical resilience.



## Calming Compounds

GABA, L-Theanine, Valerian, and Melatonin promote parasympathetic dominance and lower cortisol levels, contributing to stress reduction and improved sleep quality.



## Antioxidant Protection

NAC, Alpha Lipoic Acid, and Vitamin C protect the adrenal glands from oxidative stress, which is essential for maintaining proper adrenal function during periods of stress.



## Neuroendocrine Support

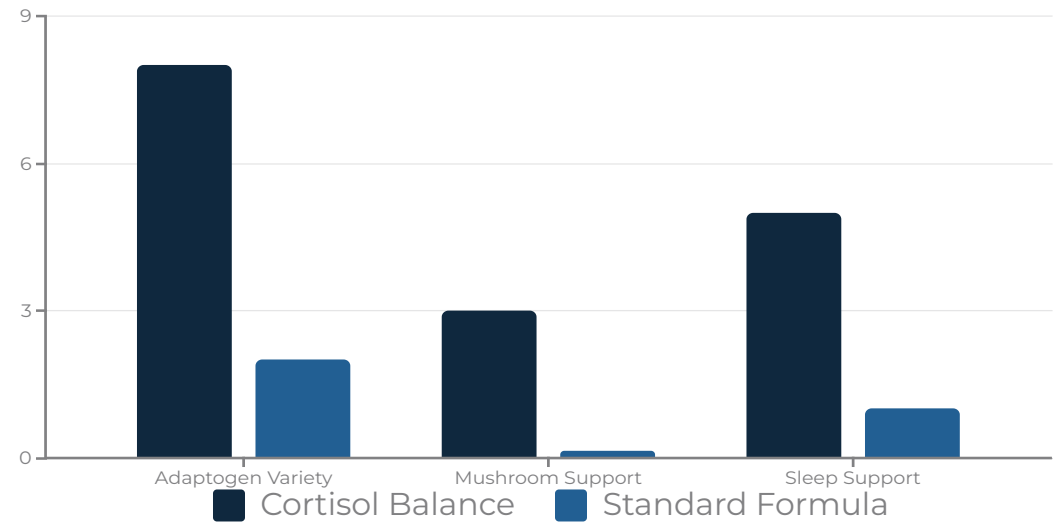
Adaptogens like Schisandra and Reishi enhance long-term stress recovery by modulating neuroendocrine and immune signals, promoting resilience against stress.

# Competitive Advantage

## Cortisol Balance Support vs. Standard Formulas

While basic cortisol supplements typically contain only 1-2 adaptogens, Cortisol Balance delivers:

- Triple adaptogen matrix for immediate and sustained effects
- Mushroom-enhanced formula with Lion's Mane, Reishi, and Maitake
- Complete neurotransmitter support (GABA, 5-HTP, L-Theanine)
- Comprehensive sleep and circadian rhythm regulation
- Mitochondrial and cellular repair support





# Summary of Benefits

4

## Stage Support

Comprehensive formula addresses immediate, sustained, adaptive, and long-term stress effects

30+

## Key Ingredients

Evidence-based botanicals, adaptogens, mushrooms, and nutrients working synergistically

6

## Systems Supported

HPA axis, neurotransmitters, sleep cycles, mitochondria, immune function, and gut-brain axis

Cortisol Balance Support **delivers a sophisticated, multi-pathway approach to stress management, supporting both immediate relief and long-term resilience.** By addressing the root causes of stress at the cellular, hormonal, and neurological levels, this formula offers comprehensive support for modern life's challenges.

Take 2 capsules in the morning and 2 at night for optimal results.