



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.



Mushroom-Infused Adrenal Resilience

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



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.



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

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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.

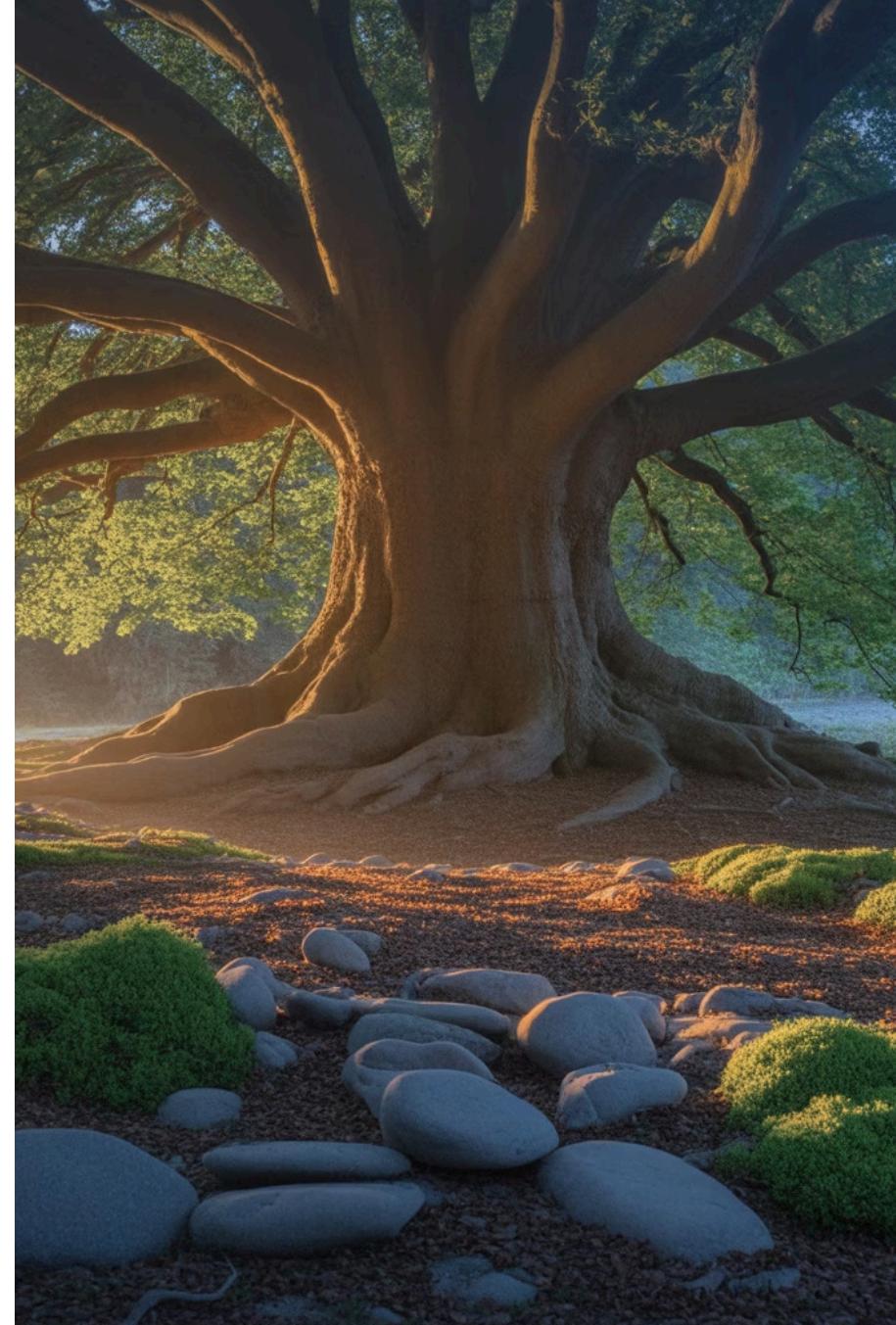
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6-24 Hours: Sustained Effects

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.

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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

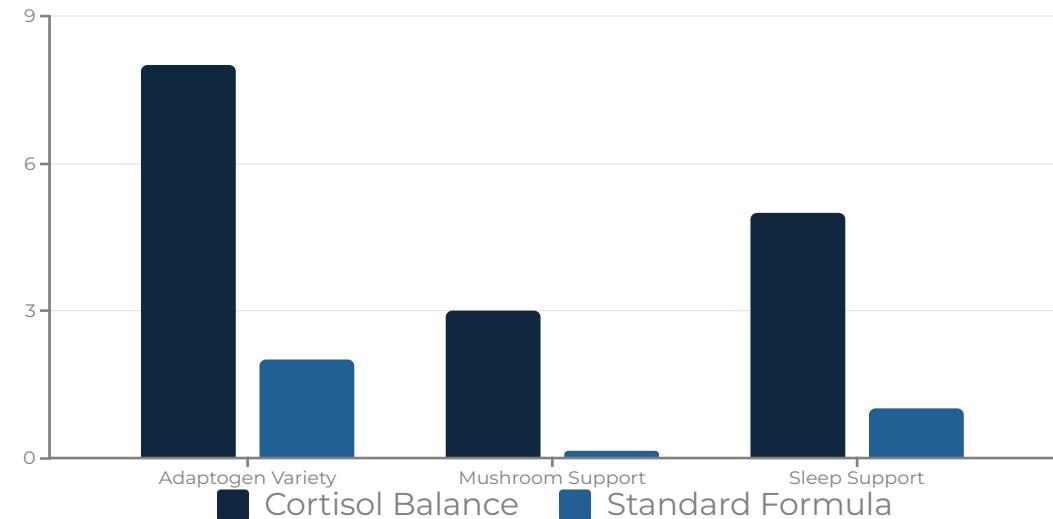
Adaptogens like Schisandra and Reishi enhance long-term stress recovery by modulating neuroendocrine and immune signals, promoting resilience against stress.

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

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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

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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.