

The background features a dark, solid black area on the right side, which serves as a backdrop for the white text. On the left side, there are several overlapping, semi-transparent red shapes that resemble flowing liquid or smoke, creating a dynamic and abstract visual effect. The red shapes have a gradient, with some areas appearing more vibrant and others more muted, giving a sense of depth and movement.

Cortisol Balance Support

Overview: Why Cortisol Balance Matters

01

Energy Management

Breaks down fats, proteins, and carbs to fuel your body's daily metabolic demands.

02

Blood Pressure

Controls salt and water balance to keep your cardiovascular system steady and regulated.

03

Sleep Cycle

Peaks in the morning to wake you up and drops at night so you can rest and recover.

04

Immune Control

Stops sudden swelling, calms body tissues, and shields the immune system from overreaction.

Cortisol & PTSD



Elevated at Night

In people with PTSD, cortisol levels remain high even at night, making it hard to destress, slow down, and relax.

All

Organs Affected

Cortisol affects all major tissues and organs — metabolism, digestion, and the usage of fats, proteins, and carbs.

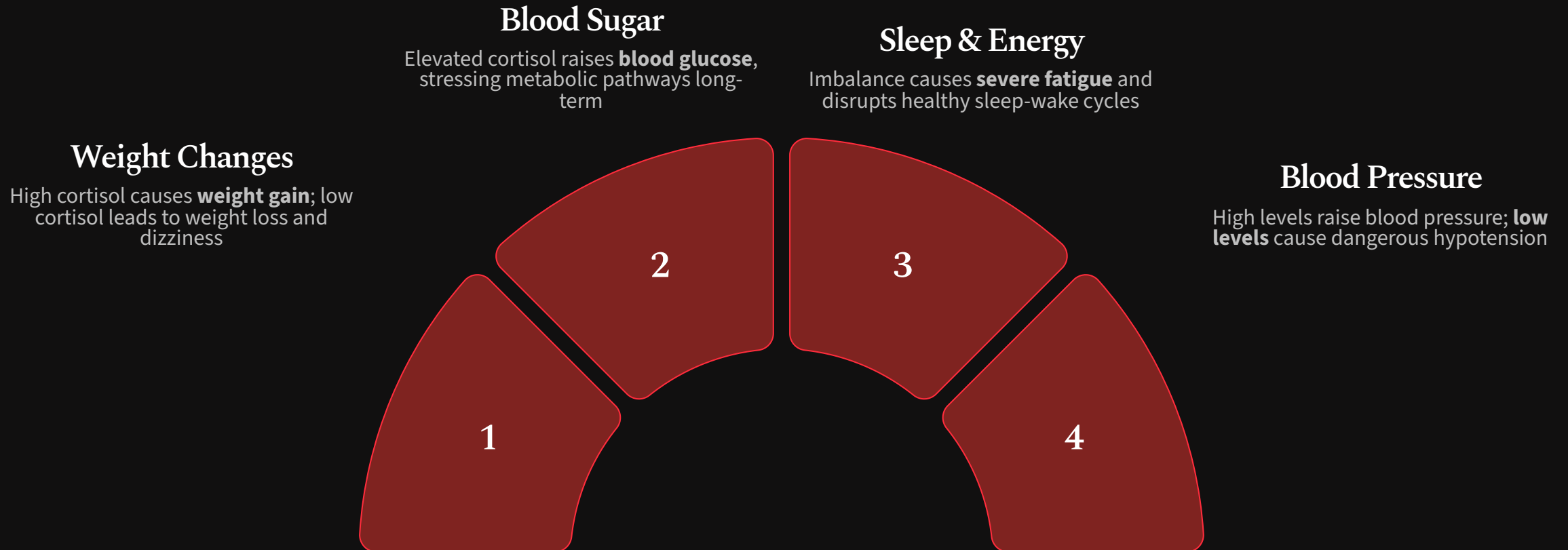
1°

Primary Stressor

Cortisol is our primary stress hormone. Controlling healthy levels is especially critical for those with elevated chronic stress.

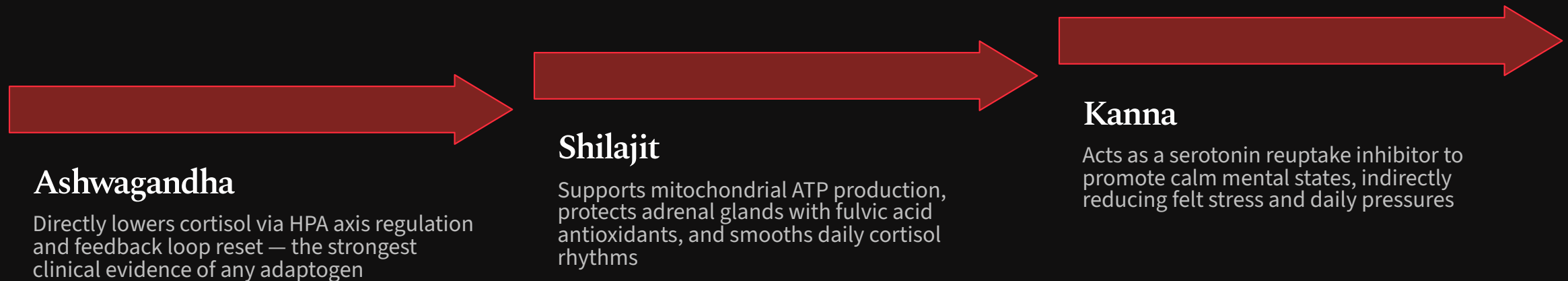
Risks of Unbalanced Cortisol

Keeping cortisol at the right level prevents constant stress, protects your **immune system**, and helps you avoid severe physical and mental fatigue. Too much or too little disrupts essential body functions.



Key Adaptogen Ingredients

Our formulation contains a wide variety of ingredients targeting cortisol through distinct biological pathways. Adaptogens modulate the HPA axis, support cellular energy, and promote mood balance to restore healthy stress regulation.



Ginseng & Forskolin Complex

HPA Axis Modulation Mechanisms

Coleus forskohlii (Forskolin)

Activates adenylate cyclase to elevate intracellular cAMP, directly upregulating steroidogenesis enzymes in adrenocortical cells to support cortisol synthesis balance.

Panax Ginseng

Ginsenosides modulate HPA axis feedback loops and glucocorticoid receptors, preventing adrenal over-secretion or burnout during chronic stress.

Siberian Ginseng

Eleutherosides act as a physiological thermostat — supporting function under low stress while suppressing excessive cortisol spikes during high-stress events.

How These Three Work Together

Panax ginseng and Siberian ginseng act as adaptogens that smooth out the stress response. Coleus forskohlii directly stimulates cellular cyclic AMP to influence steroid synthesis in adrenal tissue. Together they create a layered approach to cortisol balance.

 These ingredients target the adrenal-pituitary signaling chain from multiple directions for comprehensive HPA axis support.

Dopamine & GABA Pathways



Mucuna Pruriens

Delivers L-DOPA to raise dopamine, which inhibits hypothalamic ACTH release — braking cortisol output at the source. Clinical trials confirm serum cortisol reduction under severe stress.



Magnolia Bark

Honokiol and magnolol bind GABA-A receptors to dampen CNS hyper-arousal. Human trials show an 18% reduction in salivary cortisol alongside a drop in baseline adrenaline.

Immune & Metabolic Support



Chaga Mushroom

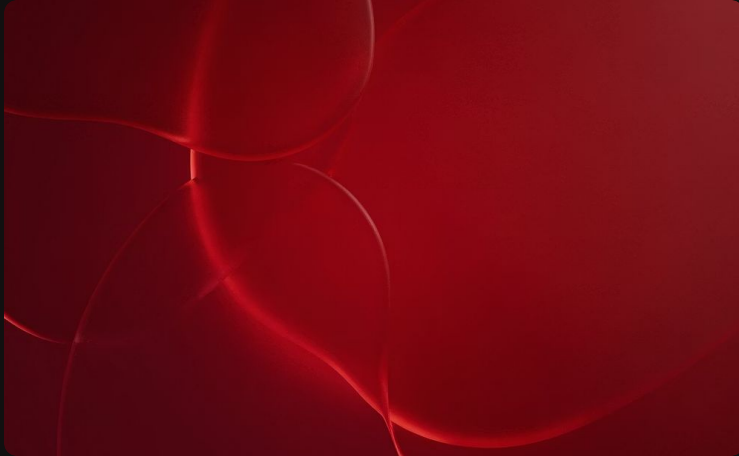
Beta-glucans and triterpenes lower systemic inflammation — removing the physical trigger for adrenal cortisol release — and gently normalize HPA axis sensitivity over time.



L-Theanine & GABA

L-Theanine boosts alpha brain waves and calming neurotransmitters. Oral GABA signals the nervous system to brake the fight-or-flight response and blunt excessive cortisol spikes.

Advanced Support Compounds



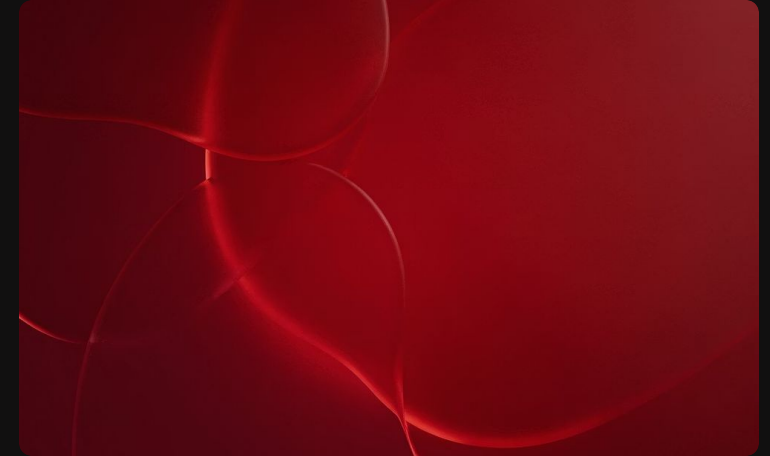
Inositol & 5-HTP

Inositol sensitizes GABA-A receptors and improves insulin sensitivity to eliminate blood-sugar-driven cortisol spikes. 5-HTP crosses the blood-brain barrier to reinforce serotonin-mediated HPA negative feedback.



Pregnenolone & Alpha-GPC

Pregnenolone feeds neurosteroid production to stimulate GABA receptors and buffer the adrenal cortisol precursor pool. Alpha-GPC supports acetylcholine and can blunt cortisol and ACTH outputs during physical exertion.



L-Serine & Vitamin K2

L-Serine supports brain health and NMDA receptor balance for calm nervous system tone. Vitamin K2 activates matrix Gla protein to prevent vascular calcification and protect mitochondrial energy, reducing deep physiological cortisol triggers.

These compounds target cortisol control through distinct biological mechanisms — from direct brain signaling and neurosteroid pathways to cellular protection and metabolic stabilization — working together for comprehensive HPA axis support.