

CortAlign® – Stress Management

About CortAlign

- CortAlign is a combination of highly effective natural ingredients that help manage stressful situations by regulating the adrenal gland hormone cortisol.
- The all-natural ingredients found in CortAlign combine to provide maximum stress reduction benefits.
- The patented form of the Indian herb ashwagandha (KSM-66) has been proven to lower cortisol levels by 27% and ease the feelings of stress.¹
- A blend of phellodendron and magnolia bark reduces daily stress, tension, fatigue, and anger.²
- L-theanine, the amino acid found in green tea, helps relax the mind without producing drowsiness.³
- Phosphatidylserine, extracted from sunflower seeds, helps support clearer thinking under stressful conditions.⁴
- Cortisol, along with its associate epinephrine, is produced in reaction to the “flight or fight” response. Cortisol floods the body with glucose providing it with an immediate jolt of energy for the body to act with.⁵ Cortisol will also tighten down the arteries while epinephrine increases the heart rate resulting in blood being pumped more strongly and quickly.⁵
- While the body’s physiology will return to normal once the acute stress is gone, long-term unresolved stress can be damaging to the body leading to immune suppression, weight gain, metabolic syndrome, ulcers, heart disease, insomnia, or depression.⁶⁻¹²

How to Use CortAlign

- 2 tablets per day or as directed by a health care practitioner.

Cautions and Contraindications

- Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Consult a health care practitioner if you have benign prostate hypertrophy and/or prostate cancer, are taking any prescription medication, have a kidney disorder, or have blood pressure problems.
- Consult a health care practitioner prior to use if you suffer from any psychological disorder and/or condition such as frequent anxiety or depression. May cause heartburn, shaking hands, perilabial numbness, sexual dysfunction, and thyroid dysfunction. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

PATIENT NAME: _____

PRACTITIONER NOTES:

Drug Interactions

- Consumption with alcohol and other medications (i.e., antidepressants, sleep, anti-anxiety) could produce an additive sedative effect.

Quick Tips for Optimal Health

- Laughter daily not only helps reduce stress but also helps boost the immune system.¹³
- Going for a walk on a regular basis helps ease stress, lower cortisol, and decrease blood pressure.¹⁴
- Listening to classical or other types of relaxing music (as opposed to heavy metal music) helps decrease anger, anxiety, and other feelings of stress.¹⁵
- Regular exercise (150 minutes per week) will help reduce stress-related “burnout” feelings, including fatigue, poor concentration, lack of appetite, and anxiety.¹⁶
- The use of fish oil helps blunt the action of mental stress by decreasing adrenal hormones cortisol and epinephrine.¹⁷

PRACTITIONER CONTACT INFORMATION:

References

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