

CortAlign™ – Stress Management*

About CortAlign

- CortAlign is a combination of natural source ingredients that help manage everyday stress and fatigue by helping maintain normal adrenal cortisol levels.*
- Ashwagandha (KSM-66) helps maintain cortisol levels within the normal range, supporting resistance to common everyday stress and fatigue.*^{1,2} It also helps support healthy endurance and adaptability to physiological demands.²
- KSM-66 is a patented full-spectrum extract of ashwagandha root. This full-spectrum extract contains ashwagandha's various constituents (such as withanine, somniferine, tropine, and withanolides) in the same proportions present in the root itself, and is standardized to >5% withanolides, one of the highest percentages on the market today.
- A blend of phellodendron and magnolia bark help in the management of everyday stress, helping support a relaxed mood with calm, steady energy.*³
- L-theanine, the amino acid found in green tea, helps support a relaxed mood without producing drowsiness.*⁴
- Phosphatidylserine, extracted from sunflower seeds, helps support clear thinking in the midst of stress.*⁵
- Cortisol, along with its associate epinephrine, is produced in reaction to the "flight or fight" response. Cortisol supplies the body with glucose and epinephrine causes the heart to temporarily pump more quickly to power the body's stress response.*⁶
- Once the stress resolves, the body's physiology will return to normal. Supporting cortisol levels within the normal range supports healthy stress management.* Effective stress management helps maintain overall health.*⁷⁻¹¹

How to Use CortAlign

- 1 tablet 2 times per day with food or as directed by a health care professional.

Cautions and Contraindications

- Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Consult a health care professional if you have benign prostate hypertrophy and/or prostate cancer, are taking any prescription medication, anticipate surgery, have a kidney disorder, or if you have blood pressure problems.

USER NAME: _____

PROFESSIONAL NOTES:

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

- Consult a health care professional 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 or 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.

Drug Interactions

- L-theanine may potentiate the effect of antihypertensives in some individuals.* Theoretically, the herbs present in CortAlign may potentiate the effects of sedative medications such as benzodiazepines or CNS depressants, and should be used with caution when taken concomitantly.*

Quick Tips for Optimal Health

- Laughter daily not only helps manage daily stress but may also support the immune system.*¹²
- Going for a walk on a regular basis may help manage everyday stress, support healthy cortisol levels, and maintain blood pressure within the normal range.*¹³
- Listening to classical or other types of relaxing music (as opposed to heavy metal music) may help support a calm, relaxed mood.*¹⁴
- Regular exercise (150 minutes per week) may help manage everyday stress and help support focus, concentration, and a calm, relaxed mood.*¹⁵
- Fish oil may help manage stress by supporting normal levels of cortisol and epinephrine.*¹⁶

PROFESSIONAL CONTACT INFORMATION:

References

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