

CORTITROL®

STRESS CONTROL FORMULA



STORY

Make coping with stress a success. Cortitrol is a unique dietary supplement that helps you cope with stress by modulating healthy levels of cortisol.* Cortitrol Stress Control Formula combines natural ingredients that have been scientifically shown to have direct cortisol-balancing effects.* Pharmedex's proprietary formula also contains an all-natural theanine extract made from green tea leaves. Theanine increases your brain's ability to produce a state of "relaxed alertness" so you will sleep more soundly, respond to stress more calmly, and perform at your peak.* Instead of worrying yourself silly, take Cortitrol Stress Control Formula.

POSITIONING STATEMENT

Cortitrol Stress Control Formula is a unique dietary supplement that helps you cope with stress by modulating healthy levels of cortisol through a unique blend of natural ingredients shown to promote normal stress response.

PRIMARY BENEFITS

- Enhanced feelings of well-being and control in response to stressful situations*
- Improved performance and increased vigor throughout the day*
- Better mental concentration and focus*
- Supports weight maintenance efforts*

WHAT MAKES THIS PRODUCT UNIQUE?

- Unique patent-pending dietary supplement that supports healthy cortisol levels*
- Proprietary blend of ingredients that both modulate cortisol levels and improve mental function*

- Contains a proprietary, all-natural form of theanine extracted from green tea leaves

CONSUMER INSIGHTS

- 80% of workers report feeling stress on the job
- Persistent worrying affects an estimated 183 million people worldwide
- Men experience greater psychological responses to stress compared to women
- Women experience greater emotional responses to stress compared to men

WHO SHOULD USE THIS PRODUCT?

- Adults who are frequently confronted with stressful situations throughout the day
- Adults who are getting less than 8 hours of sleep every night
- Adults who generally feel run down, lack mental focus, and are performing at sub-optimal levels
- Adults who are limiting caloric intake to lose weight
- Adults who exercise frequently

COMPLEMENTARY PRODUCTS

NightTime Formula—an exclusive blend of high quality standardized extracts that promote normal sleep cycles.*

FREQUENTLY ASKED QUESTIONS

What ingredients does Cortitrol® have?

The key active constituents found in Cortitrol include Magnolia bark (*Magnolia officinalis*), Epimedium (*Epimedium koreanum*), L-Theanine, Plant Sterols (with Beta Sitosterol), and Phosphatidylserine.

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How does Cortitrol work?

Daily stress, lack of sleep, and dieting can all affect your cortisol levels, which in turn can make you feel anxious and tired. Cortitrol uses natural ingredients that actively balance cortisol to help you stay calm and energetic no matter what life throws at you. Epimedium helps balance cortisol levels during everyday stress, phosphatidylserine helps manage cortisol elevation, and beta sitosterol helps promote healthy cortisol levels as you exercise.*

Why is Cortitrol unique?

Cortitrol is one of the first supplements designed to help manage cortisol and stress levels. The proprietary blend of natural ingredients both balances cortisol levels and improves mental function using theanine, epimedium, and several other scientifically tested ingredients.

Why is it important to have healthy levels of cortisol?

Cortisol can have negative effects on the body when there is either too much of it or when the body releases it too frequently. Scientific evidence shows that continuously elevated cortisol levels are associated with difficulty maintaining weight, difficulty feeling relaxed, sugar or carbohydrate cravings, occasional fatigue, moodiness, an increase in common symptoms of the menstrual cycle, and increased appetite.

How are the ingredients in Cortitrol standardized?

Cortitrol contains Magnolia Bark extract that is standardized to 40% honokiol, a constituent with known anti-anxiousness properties. Additionally, the formula contains plant sterols standardized to 38% beta sitosterol. L-Theanine is standardized to provide the amount listed on the label.

Is Cortitrol safe?

Cortitrol is safe and well tolerated at the recommended dosage.

KEY SCIENTIFIC STUDIES

1. Bjorntorp P, Rosmond R. Obesity and cortisol. *Nutrition*. 2000 Oct;16(10):924–36.
2. Bjorntorp P, Rossner S, Udden J. “Consolatory eating” is not a myth. Stress-induced increased cortisol levels result in leptin-resistant obesity. *Lakartidningen*. 2001 Nov 28;98(48):5458–61.
3. Raikkonen K, Hautanen A, Keltikangas-Jarvinen L. Association of stress and depression with regional fat

distribution in healthy middle-aged men. *J Behav Med*. 1994 Dec;17(6):605–16.

4. Epel E, Moyer AE, Martin CD, Macary S, Cummings N, Rodin J, Rebuffe-Scrive M. Stress-induced cortisol, mood, and fat distribution in men. *Obes Res*. 1999 Jan;7(1):9–15.
5. Epel E, Lapidus R, McEwen B, Brownell K. Stress may add bite to appetite in women: a laboratory study of stress-induced cortisol and eating behavior. *Psychoneuroendocrinology*. 2001 Jan;26(1):37–49.
6. Peeke PM, Chrousos GP. Hypercortisolism and obesity. *Ann N Y Acad Sci*. 1995 Dec 29;771:665–76.
7. Vanitallie TB. Stress; a risk factor for serious illness. *Metabolism*. 2002 Jun;51(6 Suppl 1):40–5.

DIRECTIONS FOR USE

As a dietary supplement, take two (2) capsules with your evening meal. For optimal results take an additional (1) capsule with your morning meal. Store in a cool dry place.

Supplement Facts

Serving Size 2 Capsules
Servings per Container 30

Amount Per Serving		% Daily Value*
Calcium	58 mg	4%
Magnolia (<i>Magnolia officinalis</i>) bark Extract	19 mg	**
Epimedium (<i>Epimedium koreanum</i>) herb Extract	200 mg	**
L-Theanine (TheaPure) (fermented, <i>Camellia sinensis</i>)	135 mg	**
Plant Sterols (with Beta Sitosterol)	110 mg	**
Phosphatidylserine	16.6 mg	**

**Daily Values not established

OTHER INGREDIENTS

Gelatin, Tricalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Silicon Dioxide, Magnesium Stearate.

Contains Soy.

CORTITROL[®]

WARNINGS

Keep out of reach of children. Consult a physician prior to use if pregnant or lactating, or using prescription medication. Discontinue 2 weeks prior to and after surgery. Discontinue use and consult a physician if any adverse reaction occurs. Do not use if safety seal is broken or missing.