Relora®

Nature's Harmony® Relora® is a breakthrough dietary supplement designed specifically for natural stress management. Relora is non-sedating, safe and clinically proven to be effective to combat the the negative effects of stress.

PRODUCT CODE: 400600

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
For the reduction of stress and stress-related symptoms.	Capsule	Take 2-3 capsules daily in divided doses or as recommended by a health care practitioner.

DESCRIPTION:

Relora® is a patent-pending blend of extracts from the bark of *Magnolia officinalis* and *Phellodendron amurense*. This natural formula helps to control stress-related symptoms, including irritability, muscle tension and restlessness, as well as stress-related overeating. In addition, Relora® can address the elevated cortisol and depressed DHEA levels often associated with chronic stress by helping to return these levels to normal.

Recommended Daily Allowance:	N/A
Food Sources:	None.
Causes of Deficiency:	Excess stress can cause increased cortisol and decreased DHEA levels.
Symptoms of Deficiency:	Signs of increased cortisol levels include depressed immune function, increased cholesterol and triglycerides, poor sleep, anxiety and irritability, headaches, stomach pain, appetite fluctuations and increased weight gain, particularly in the abdomen.
Complementary Nutrients:	B-vitamins are critical for coping with stress effectively. Vitamin C is an important antioxidant that supports the adrenal glands. Calcium and magnesium may be depleted during times of increased stress. Ensure you are getting the daily recommended allowance of these two minerals. Another herb that may help with stress-related symptoms is Rhodiola. Relora® also works with 5-HTP to cut sugar and carbohydrate cravings.

HOW IT WORKS:

Excess stress causes a significant increase in cortisol levels (the fight-or-flight hormone) and a decrease in DHEA levels (a hormone response for anti-aging and sex drive). This imbalance contributes to many of the conditions related to severe stress, including the storage of excess fat.

- Relora® binds to neurotransmitter receptors in the central nervous system that are specific to enhancing mood and producing a calming effect.
- Relora® helps lower cortisol (stress hormone) levels in the blood.
- Relora® does not bind to benzodiazepine receptors that would cause sedation.

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RESEARCH:

Clinical trials confirm that Relora® helps control stress-related irritability, emotional swings, restlessness, muscle tension, poor concentration and interrupted sleep. This research also supports Relora's potential role in weight control and stress-related cravings and over eating. In a human pilot study, Relora® normalized both cortisol and DHEA levels in stressed individuals. In one two-week study, Relora® lowered cortisol levels by 37% and normalized DHEA levels.
An extensive review of literature regarding the chemical constituents of the plants indicates that these two ingredients have been safety used for centuries in traditional Chinese medicine.

SIDE EFFECTS:

No known toxicity or serious side effects; however, Relora® may cause drowsiness in some individuals. This drowsiness usually dissipates within the first few days. If stomach upset occurs, reduce dose or discontinue use.

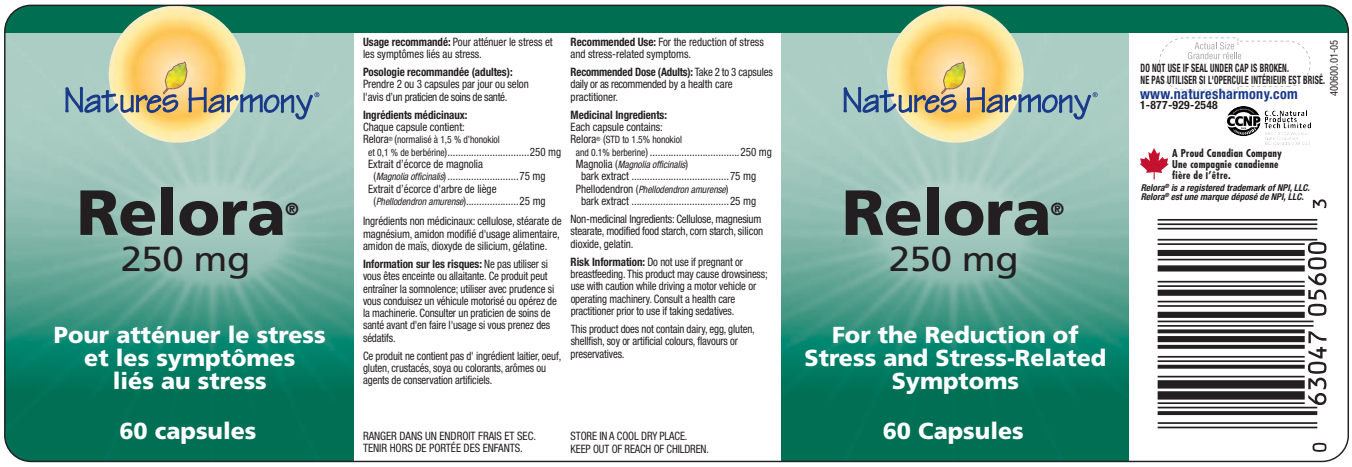
INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner if pregnant or breastfeeding. Do not use if taking prescription drugs without consulting a health care practitioner.

OTHER CONSIDERATIONS:

Relora should not be taken with alcoholic beverages. Caution should be taken when operating a vehicle or dangerous machinery.

LABEL:



DID YOU KNOW…

Over three million Canadians suffer from the symptoms of excess stress. In fact, stress-related concerns account for 75 to 90% of all visits to the doctor.