

## SLEEP & STRESS MANAGEMENT

# CORTISOL BALANCE™

Supports Healthy Circadian Cortisol Cycle and Stress Response.



**Cortisol Balance™** formula is designed to promote the balance of healthy cortisol levels. Often referred to as the stress hormone, cortisol is released in response to stress and is mainly produced by the adrenal cortex (intra-abdominal adipocytes also produce some cortisol). The production of cortisol is triggered by stress-induced signals from the hypothalamus and the pituitary gland as a component of the HPA (hypothalamic-pituitary-adrenal) axis. Mountain Peak Nutritionals® **Cortisol Balance™** combines botanicals, vitamins, minerals and amino acids that have been shown to reduce the feelings of stress, support positive mood changes, and promote healthy adrenal cortisol activity. Magnolia officinalis bark, holy basil and ashwagandha are directly related to supporting the balance of normal cortisol produced by the adrenal cortex. Phosphatidylserine, 5-HTP, and L-theanine support the reduced feelings of stress and are used to balance the equilibrium of the adrenal cortex. Vitamins B6, B12 and folic acid are known anti-stress B vitamins and are present in their most bioavailable forms. Magnesium is a neuro-calming agent and responsible for over 300 biochemical reactions in the body. **Cortisol Balance™** also helps with many common sleep issues. The ability to go to sleep, stay asleep and wake up rested and refreshed is enhanced. Through the use of nutrients to reduce the feelings of stress, **Cortisol Balance™** promotes healthy cortisol levels that are usually highest in the early morning hours then gradually decrease throughout the day.

## Supplement Facts

Serving size: 1 capsule

Servings per container: 90

Amount per serving		%DV
Vitamin B6	15 mg	822%
as Pyridoxine HCl	10 mg	
as Pyridoxal-5-Phosphate	5 mg	
Vitamin B12 (as Methylcobalamin)	150 mcg	6250%
Vitamin D3 (as Cholecalciferol)	500 IU	12.5 mcg 63%
Folic Acid (as Calcium Folate)	150 mcg	250 mcg DFE 63%
Magnesium (as Glycinate)	50 mg	12%
Ashwagandha (root) (Withania spp)	200 mg	*
(4.5% withanolides)		
Magnolia officinalis Extract (bark)	200 mg	*
(standardized to contain 2% honokiol and 1% magnolol)		
Holy Basil Extract (leaf) (Ocimum spp)	100 mg	*
Phosphatidylserine	30 mg	*
5-HTP (5-Hydroxytryptophan)	25 mg	*
L-Theanine	15 mg	*

\* Daily Value not established.

Other ingredients: Vegetarian capsules (hypromellose, purified water)

## INGREDIENTS:

### Ashwagandha

Ashwagandha's active constituents are withanolides, which promote healthy cortisol levels, greater relaxation and more optimal C-reactive protein levels (1). Research reports that ashwagandha can affect the dopamine receptors in the corpus striatum of the brain (2).

### Magnolia bark

Magnolia bark's active constituent honokiol can affect the central nervous system at high doses, but at lower amounts can help to reduce feelings of stress. Honokiol has been shown to balance evening cortisol levels (3).

### Holy Basil

Holy basil is an herb native to India, where it is known as tulsi. Holy basil is considered a stress-supporting and adaptogenic herb in Ayurveda (much like ashwagandha). This adaptogen provides an important nutrient to support the body's natural response to physical and emotional stress by balancing cortisol levels through influencing the HPA axis stress response (4).

### **Phosphatidylserine**

The phospholipid phosphatidylserine (PS) is found in cell membranes and is a critical component for healthy cellular communication. Several studies have shown that phosphatidylserine may help to balance the HPA axis and limit the negative consequences of over-activation of the adrenal cortex (5). Phosphatidylserine also helps balance cortisol levels during periods of stress (6). In the case of cortisol balancing, it appears phosphatidylserine has the capacity to act as an adaptogen.

### **5-HTP (Hydroxytryptophan)**

Our body maintains a balance of serotonin and cortisol production; the less serotonin present, the more your body produces cortisol, and vice versa. While 5-HTP can also help sleep, it may be used during the daytime as well because it does not typically cause drowsiness. Considerable research has shown that 5-HTP can support reduced feelings of anxiety, as well as improve mood (7).

### **L-Theanine**

L-theanine is an amino acid found exclusively in green tea which has traditionally been used to enhance relaxation, reduce feelings of stress and improve concentration and learning ability (8). Theanine has been historically used for its relaxing and anti-anxiety effects by balancing levels of serotonin and GABA (9).

### **B6 (Pyridoxal-5-Phosphate, Pyridoxine HCl),**

### **B12 (Methylcobalamin), Folic Acid**

The HPA axis can be significantly benefited by these adrenal supportive B vitamins since these essential nutrients are depleted by stress. These three B vitamins are also important in maintaining adrenal cortex function, supporting stress related fatigue, and promoting energy recovery.

### **Vitamin D3 (Cholecalciferol)**

Maintaining healthy vitamin D levels supports normal cortisol production within abdominal adipocytes (10).

### **Magnesium Glycinate**

Magnesium is important for proper nerve and muscle function and helps mitigate the stresses that can affect cortisol levels.

*Patients: Consult with your healthcare professional for the proper use of this formula.*

For more information about this and other Condition Specific Formulas® please visit our website at:

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### **REFERENCES**

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