



# Relora® Plex

## Unique Botanical Blend for Healthy Mental Support

### DESCRIPTION

Relora Plex is a unique blend containing two patent-pending herbal extracts, specifically designed to support normal mental functioning during stress and anxiety.

### FUNCTIONS

Cortisol, a hormone produced in the adrenal glands, plays an important role in the body's regulation of cardiovascular function and fat, protein and carbohydrate utilization. When the body experiences stress, cortisol secretion increases, thus causing a breakdown of muscle protein and the release of amino acids to form glucose via gluconeogenesis. The resulting higher level of glucose in the body, combined with the decreased use of glucose by other tissues in the body, ensures that the brain is receiving adequate energy.

Continuing research indicates that stress and anxiety can have a significant impact on the body's health and wellbeing. While cortisol secretion is an important part of the body's response to stress, the prolonged secretion of cortisol can have detrimental effects to the proper functioning of the body's cardiovascular, immune, neurological and metabolic systems.

Relora® is a patent-pending combination of two herbal extracts of Magnolia and Phellodendron bark (Asian cork tree). Both herbs have been used in Traditional Chinese Medicine for several hundred years. In a human study, 82% of the participants taking Relora® agreed with the statement that: "Relora® helps control... irritability, emotional ups and downs, restlessness, tense muscles, poor sleep, fatigue, and concentration difficulties." Relora® was found not to cause sedation, though 74% of the patients had more restful sleep. Additionally, no adverse side effects were reported during the trial. A second human trial studied the effects of Relora® on salivary dehydroepiandrosterone (DHEA) and cortisol levels in patients with mild to moderate stress. The effects of stress on the body are sometimes associated with lower levels of DHEA and higher levels of cortisol. Two weeks of Relora® increased salivary DHEA by 227% and decreased total salivary cortisol by 37%. Both

hormones were brought into the normal range.

### INDICATIONS

Relora Plex may be a useful dietary supplement for individuals wishing to support normal mental functioning with a unique herbal blend.

### FORMULA (WW #10201 / PH #20201)

#### 2 Vegetarian Capsules Contain:

Relora® .....	500 mg
(a proprietary blend of patent-pending plant extracts from Magnolia officinalis and Phellodendron amurense bark)	
Vitamin B-1 .....	10 mg
Vitamin B-2 .....	10 mg
Niacinamide .....	10 mg
Vitamin B-6 .....	10 mg
Vitamin B12 .....	100 mcg
Folic Acid .....	200 mcg

Relora® is a trademark of Next Pharmaceuticals, Inc

### SUGGESTED USE

As a dietary supplement, adults take 2 capsules daily or as directed by your healthcare professional.

### SIDE EFFECTS

**Warning:** If you are pregnant or breastfeeding, or if you are taking any prescription medication, consult a physician prior to use. Excessive consumption may impair ability to drive or operate heavy machinery. Not recommended for consumption with alcoholic beverages.

### HOW SUPPLIED

Supplied in bottles of 60 vegetarian capsules.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

Michael A, Jenaway A, Paykey ES, Herbert J. Altered salivary dehydroepiandrosterone levels in major depression in adults. Biol.

(continued on reverse)



Psychiatry. 2000 Nov 15; 48(10): 989-5.

Ockenfels MC, Porter L, Smyth J, Kirschbaum C, Hellhammer DH, Stone AA. Effects of chronic stress associated with unemployment on salivary cortisol: overall cortisol levels, diurnal rhythm and acute stress

reactivity. Psychosom Med. 1995 Sept-Oct; 57(5):460-7.

Schulz P, Kirschbaum C, Prubner J, Hellhammer D. Increased free cortisol secretion after awakening in chronically stressed individuals due to work overload. Stress Medicine 1998; 14:91-97.

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