



Code: 9300, 9301 **NPN:** 80064503
Size: 90, 30 Tablets
Actual Size: 19.75 mm x 8.39 mm



CortAlign®

Stress Manager

Increases Resistance to Stress and Anxiety

- Promotes relaxation temporarily and increases resistance to stress and anxiety
- Provides adaptogenic protection against diverse stressors
- Herbal formula, no glandular extracts
- Standardized herbal ingredients provide 5% of withanolides (ashwagandha), 8.5% of honokiol (magnolia), and 2.1% of berberine (phellodendron)
- Each tablet contains clinical dosages of botanicals
- Suitable for vegetarians

PRODUCT SUMMARY

CortAlign contains a unique variety of botanicals and nutrients shown to have a blunting effect on stress and anxiety, as well as normalizing cortisol secretion. Ashwagandha has a number of adaptogenic effects, including modulating GABA receptors, which is partly responsible for the significant reduction in anxiety and stress as shown in clinical trials. The KSM-66™ formulation of ashwagandha specifically has been shown to reduce serum cortisol levels by 27%, and improve markers of depression, stress, and anxiety compared to placebo.

The combination of magnolia and phellodendron (Relora® blend) helps reduce stress and anxiety, and has been shown to reduce salivary cortisol levels and perception of stress, improve other mood parameters, and prevent stress-related weight gain compared to placebo. L-theanine has also been shown to reduce anxiety in clinical trials, as well as both subjective stress and cortisol production in response to a stressful event. Phosphatidylserine plays a critical role in neuronal cell structure and function, and has been shown to blunt the stress response, improve mood, and normalize cortisol release.



CORTALIGN®

STRESS MANAGER · INCREASES RESISTANCE TO STRESS AND ANXIETY

Serving Size: 2 Tablets

Servings per Container: 45 (9300); 15 (9301)

Each Tablet Contains:

| | |
|--|----------|
| KSM-66 Ashwagandha™ Extract (<i>Withania somnifera</i>) (root) (5% Withanolides) | 300 mg |
| Relora® Blend | 250 mg |
| Magnolia Bark (<i>Magnolia officinalis</i>) (stem bark) (8.5% Honokiol) | 68.75 mg |
| Phellodendron (<i>Phellodendron amurense</i>) (stem bark) (2.5% Berberine) | 22.50 mg |
| Suntheanine® L-Theanine | 100 mg |
| Phosphatidylserine (<i>Helianthus annuus</i>) (seed) | 25 mg |

Non-medicinal Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, hydroxypropylcellulose, silica, croscarmellose sodium, stearic acid, coating (carbohydrate gum [cellulose], glycerin), vegetable grade magnesium stearate (lubricant).

Recommended Adult Dose: 2 tablets per day or as directed by a health care practitioner.

Recommended Use: Helps reduce cortisol, a biomarker of stress. Helps relieve symptoms of perceived stress and temporarily promote relaxation. Helps increase resistance to stress/anxiety in individuals with a history of chronic stress, thereby improving the overall quality of life.

Caution: Consumption with alcohol, other drugs, or natural health products with sedative properties is not recommended. Consult a health care practitioner if you have benign prostate hypertrophy and/or prostate cancer, if you are taking any prescription medication, have a kidney disorder, or have blood pressure problems. Consult a health care practitioner prior to use if you suffer from any psychological disorder and/or condition such as frequent anxiety or depression. May cause heartburn, shaking hands, perioral numbness, sexual dysfunction, and 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.

Contraindication: Do not use if you are pregnant or breastfeeding.

Drug Interactions: L-theanine is known to have a hypotensive effect in some individuals, and concomitant use of CortAlign with anti-hypertensive drugs may potentiate their activity. Theoretically, the herbs present in CortAlign may have additive effects when used with sedative medications, such as benzodiazepines or CNS depressants, and should be used with caution when taken concomitantly.

Contains no artificial colours, preservatives, or sweeteners; no sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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Burnaby, BC V3N 4T6
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CortAlign® – Stress Management

About CortAlign

- CortAlign is a combination of highly effective natural ingredients that help manage stressful situations by regulating the adrenal gland hormone cortisol.
- The all-natural ingredients found in CortAlign combine to provide maximum stress reduction benefits.
- The patented form of the Indian herb ashwagandha (KSM-66) has been proven to lower cortisol levels by 27% and ease the feelings of stress.¹
- A blend of phellodendron and magnolia bark reduces daily stress, tension, fatigue, and anger.²
- L-theanine, the amino acid found in green tea, helps relax the mind without producing drowsiness.³
- Phosphatidylserine, extracted from sunflower seeds, helps support clearer thinking under stressful conditions.⁴
- Cortisol, along with its associate epinephrine, is produced in reaction to the “flight or fight” response. Cortisol floods the body with glucose providing it with an immediate jolt of energy for the body to act with.⁵ Cortisol will also tighten down the arteries while epinephrine increases the heart rate resulting in blood being pumped more strongly and quickly.⁵
- While the body’s physiology will return to normal once the acute stress is gone, long-term unresolved stress can be damaging to the body leading to immune suppression, weight gain, metabolic syndrome, ulcers, heart disease, insomnia, or depression.⁶⁻¹²

How to Use CortAlign

- 2 tablets per day or as directed by a health care practitioner.

Cautions and Contraindications

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

PATIENT NAME: _____

PRACTITIONER NOTES:

Drug Interactions

- Consumption with alcohol and other medications (i.e., antidepressants, sleep, anti-anxiety) could produce an additive sedative effect.

Quick Tips for Optimal Health

- Laughter daily not only helps reduce stress but also helps boost the immune system.¹³
- Going for a walk on a regular basis helps ease stress, lower cortisol, and decrease blood pressure.¹⁴
- Listening to classical or other types of relaxing music (as opposed to heavy metal music) helps decrease anger, anxiety, and other feelings of stress.¹⁵
- Regular exercise (150 minutes per week) will help reduce stress-related “burnout” feelings, including fatigue, poor concentration, lack of appetite, and anxiety.¹⁶
- The use of fish oil helps blunt the action of mental stress by decreasing adrenal hormones cortisol and epinephrine.¹⁷

PRACTITIONER CONTACT INFORMATION:

References

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Managing stress, anxiety and insomnia

We all get stressed from time to time, whether it's good or bad stress. Most people think of "stress" as a bad thing, but there can be good stress, too: a new house, a baby, or a promotion at work. In small doses, stress can be very motivating, but long term, it can be overwhelming. Left unchecked, stress can affect you both physically and mentally, decreasing the enjoyment of everyday living and impacting your ability to perform at home and work.

Effective options are available. The body can be naturally supported to increase its ability to cope with mental, emotional, or physical stress. Outcomes that could lead to depression, angry outbursts, burnout, or illness can be avoided.

Bioclinic Naturals' stress and sleep products can help you cope with occasional and chronic stress and promote sound, healthy sleep. Used alone or in combination, these supplements can provide the right stress support you need.

Sereni-Pro™ – Helps relieve symptoms of chronic stress and anxiety

Somno-Pro® – Relieves mild insomnia and calms nervousness

Calm-Pro® – Promotes deep relaxation and mental clarity

GABA-Pro® – Provides fast-acting relief for nervousness and acute stress

CortAlign® – Increases resistance to stress and anxiety



Do you...

- Have trouble getting to sleep at night?
- Feel stressed, anxious, or nervous?
- Have a hard time concentrating and staying focused?
- Forget things easily and have trouble remembering?
- Struggle with stress-related eating and food cravings?

Talk to your health care practitioner about how these products can help.



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STRESS AND SLEEP SUPPORT



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MANAGING STRESS NATURALLY

Common signs of stress

- Anxiety
- Headaches
- Insomnia
- Weight loss/gain
- Irritability
- Cravings
- Fatigue
- Severe behavioural changes
- Memory loss

Although some of these symptoms can have other causes like diet, allergies, and illness, if you know your body is not responding properly, talk to your health care practitioner. They can offer solutions that can help.



GABA-Pro®

Provides fast-acting relief for nervousness and acute stress

GABA-Pro is a 100% natural product, providing a fast solution for situations of extreme stress, like phobias and fears, and is particularly helpful in counteracting the effects of caffeine. GABA-Pro is made with PharmaGABA®, which is produced naturally from *Lactobacillus hilgardii* and is able to cross the blood-brain barrier to promote relaxation.

GABA is more than twice as powerful as the L-theanine in Calm-Pro, and the effective dose is lower. GABA-Pro is available in delicious chewable tablets or vegetarian capsules.



CortAlign®

Increases resistance to stress and anxiety

When the body is stressed, the adrenal glands are activated. Cortisol is initiated, as is adrenalin, increasing metabolic rate and heartbeat. This combination sends blood throughout the body to enhance physical strength and performance to deal with the stress. Once the stress is over though, cortisol and adrenalin should stop. Unfortunately, chronic stress can leave them "on" all the time, preventing the body from recovering and causing cellular damage, blood sugar problems, and "adrenal fatigue."

CortAlign is a combination of KSM-66 Ashwagandha®, Relora® blend (magnolia and phellodendron), Suntheanine® L-theanine, and phosphatidylserine that support and balance the adrenal glands to resist stress and fatigue in an effective tablet.

Calm-Pro®

Promotes deep relaxation and mental clarity

Calm-Pro contains Suntheanine, a pure, patented form of L-theanine, an amino acid from green tea. L-theanine has been shown to increase alpha waves in the brain, which indicate an awake, yet relaxed state. L-theanine, especially in chewable form, is quickly absorbed. This helps to effectively reduce anxiety from a variety of causes including PMS, nicotine cravings, stress, and too much caffeine.

Calm-Pro's delicious, fast-acting chewable tablets work in as little as 15 minutes, promoting a relaxed but alert state that can last 8–12 hours.



Somno-Pro®

Relieves mild insomnia and calms nervousness

Somno-Pro contains a synergistic combination of Suntheanine® L-theanine, 5-hydroxytryptophan (5-HTP), and melatonin.

Suntheanine is a patented form of L-theanine, designed to calm the mind and promote restful sleep. While not typically a sedative, it works synergistically with melatonin and 5-HTP to promote sound, restorative sleep.

5-HTP is an amino acid that converts to serotonin in the brain, a key brain chemical related to sleep. 5-HTP has been shown to decrease the time getting to sleep and the number of times waking through the night.

Melatonin is a hormone that helps induce sleep and works best if a person's natural melatonin levels are low. It can help children and adults initiate and maintain sleep, and is useful for people with normal sleep patterns and those with insomnia.

Somno-Pro can safely help you fall asleep faster, get a better quality of sleep, and awake refreshed, and is available in delicious chewable tablets or vegetarian capsules.

Sereni-Pro™

Relieves symptoms of chronic stress and strengthens the adrenals

Sereni-Pro is a herbal adaptogen formula that can increase resistance to stressors, helping to stabilize the body, restoring vitality and energy. Sensoril® is a patented extract of ashwagandha that works beautifully in combination with Siberian ginseng extract, lavender, and rhodiola extract to relieve stress and balance brain function for better memory, learning, and sleep. Sereni-Pro is safe, non-addictive, and may be used long term.

