

**Relora-Plex**  
**Supports a Healthy Stress Response†**

**DESCRIPTION**

Relora-Plex is a unique proprietary blend of two herbal extracts, Magnolia and Phellodendron, combined with B vitamins designed to support normal mental functioning during stress. Relora® was shown in published clinical studies to support normal salivary cortisol levels, stress, mood, and weight management.†

**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 (#98739)**

2 Vegetarian Capsules Contain:

Relora® .....	500 mg
(a proprietary blend of plant extracts from <i>Magnolia officinalis</i> and <i>Phellodendron amurense</i> 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**

Adults take 2 capsules daily or as directed by physician.

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#### **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.

#### **STORAGE**

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

#### **REFERENCES**

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Ockenfels MC, et al. Psychosom Med. 1995 Sept-Oct; 57(5):460-7.

Schulz P, Kurschbaum C, Prubner J, Hellhammer D. Stress Medicine 1998; 14:91-97.

Garrison R, Chambliss WG. Altern Ther Health Med. 2006 Jan-Feb;12(1):50-4.

Garrison R, Hughes, K. Altern Ther Health Med. 2005 April.

**For more information on Relora-Plex visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

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Your patients trust you.**