

# CORTISOL BENEFITS™

## Botanical Support for a Healthy Stress Response\*

- Supports healthy cortisol levels\*
- Helps cope with everyday stress\*
- Encourages restful sleep\*
- Maintains focus and concentration\*
- Promotes calm alertness\*
- Helps to improve energy levels\*

If you're feeling overwhelmed by work deadlines, caring for an elderly family member, taking care of the kids, or dealing with the everyday stresses of life, chances are good your cortisol levels are out of balance. Cortisol is a stress hormone produced by the adrenal glands. It's normal for the body to make some cortisol during short bursts of stress, but levels are supposed to decline as soon as the stress ends.\* When cortisol levels stay elevated day after day, it can affect your mood, your concentration, and how deeply you sleep.\* DaVinci® Laboratories created Cortisol Benefits™ to support healthy cortisol levels using soothing adaptogens and botanicals.\* Now you can manage the pressures of life and do so with grace.

### Feel Calm and Relaxed\*

Adaptogens—substances that help the body adapt to everyday stressors—like Shoden® ashwagandha (*Withania somnifera*) and *Rhodiola rosea* are calming in trying times.\* Shoden® is a clinically tested, high-potency ashwagandha extract.\* Another adaptogen, *Magnolia officinalis*, supports normal levels of cortisol and other hormones involved in stress management.\* It binds to stress receptors in the nervous system to promote relaxation and feelings of well-being.\* Cortisol Benefits™ also contains ETAS™, a proprietary extract derived from asparagus. ETAS™ supports healthy heart-rate variability, which is directly tied to cortisol levels.\*

### Stay Focused\*

Everyday stress can take a toll on your focus and concentration because high cortisol can interfere with healthy brain function.\* Double-blind, placebo-controlled research shows that ETAS™ can maintain cognitive performance under stressful situations.1\* What's more, the ingredients in Cortisol Benefits™ don't induce sleep, so you can stay sharp while taking this supplement.\*

### Promote Restful Sleep\*

Stress can rob you of a good night's rest. Cortisol Benefits™ is specifically designed to promote relaxation that leads to healthy sleep.\* For example, ETAS™ helps you sleep better while *Magnolia officinalis* helps you feel calm, ready to settle down for the night.\*

### Cortisol Benefits™ is recommended for:

- People with everyday stress\*
- Those who feel "wired and tired" or "burnt out"\*
- Low mood\*
- Occasional irritability\*
- Occasional nervousness\*
- Altered sleep-wake cycles, especially due to shift work\*
- Unrefreshing sleep\*
- Supporting healthy heart rate variability\*

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value
ETAS™	
(proprietary extract of <i>Asparagus officinalis</i> ) 200 mg	*
<i>Rhodiola rosea</i> Root Extract (std. to 3% rosavins and 1% salidroside) 150 mg	*
Shoden® Ashwagandha ( <i>Withania somnifera</i> ) Extract 120 mg	*
<i>Magnolia officinalis</i> Bark Extract 100 mg	*

\*Daily Value not established.

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

**Warning:** If hypoglycemic, diabetic, pregnant or nursing, consult your healthcare practitioner before taking this product.

**Caution:** Discontinue use 2 weeks prior to surgery.

**SHODEN®** Shoden® is a registered trademark of Arjuna Natural Pvt. Ltd.  
**ETAS** ETAS™ is a trademark of Amino Up.

1Takanari J, Nakahigashi J, Sato A, Waki H, Miyazaki S, Uebaba K, Hisajima T. Effect of Enzyme-Treated Asparagus Extract (ETAS) on Psychological Stress in Healthy Individuals. *J Nutr Sci Vitaminol (Tokyo)*. 2016;62(3):198-205. doi: 10.3177/jnsv.62.198. PMID: 27465727.

\*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.

© 2024, DaVinci® Laboratories. All rights reserved. DaVinci® is a registered trademark of FoodScience® LLC in the United States and other countries.