

Cortisol Calm

SUPPORTS COGNITIVE FUNCTION AND
HELPS RELIEVE SYMPTOMS OF STRESS

VITAMIN D₃ ADDED FOR IMMUNE SUPPORT

Cortisol Calm is a blend of herbal extracts, including Sensoril® ashwagandha, rhodiola and magnolia, plus vitamin D and L-theanine – the bioactive compound originally found in green tea.

- Rhodiola is used in Herbal Medicine to support cognitive function and as an adaptogen to help temporarily relieve symptoms of stress
- Ashwagandha is traditionally used in Ayurveda for memory enhancement and as a sleep aid
- Vitamin D maintains immune function



The Research

Cortisol, released in response to stress, is mainly produced by the adrenal cortex. Intra-abdominal adipocytes also produce cortisol. Identified as an adaptogen through extensive research, rhodiola helps to temporarily relieve symptoms of stress (such as mental fatigue and sensation of weakness) by maintaining healthy adrenal cortisol activity. Recently, a double-blind crossover study examined the effect of rhodiola on mental performance in healthy physicians. The results suggest that rhodiola may help to moderate fatigue under stressful conditions and to support cognitive function, including mental focus and stamina.¹ In a separate, double-blind, placebo-controlled pilot study, rhodiola provided support for physical and mental stress in students. Promoting the proper activity of neurotransmitters such as serotonin, norepinephrine and dopamine plays a part in this herb's ability to support cognitive functioning, memory and attention.² Cortisol Calm also contains Sensoril® ashwagandha, a clinically researched form of the herb. Ashwagandha is traditionally used in Ayurveda for memory enhancement and as a sleep aid. As stress may also decrease immune responses over time, vitamin D is included to help maintain immune function, including immune cell maturation, differentiation and migration.³

1. Darbinyan, V., et al. Phytomedicine. 2000. 7(5). 365–371.

2. Spasov, A., et al. Phytomedicine. 2000. 7(2). 85–89.

3. Morris KL, et al. Obes Res. 2005 Apr;13(4):670–7.



Formula

Adults: Take 1 capsule 2 times daily, 1 in the morning and 1 in the evening with meals, or as directed by a healthcare practitioner. Avoid taking before bedtime.

Each capsule contains

Vitamin D ₃ (cholecalciferol)	10 mcg (400 IU)
Sensoril® Ashwagandha (<i>Withania somnifera</i>) Root and Leaf (8:1, 2000 mg dried equivalent)	250 mg
Rhodiola (<i>Rhodiola rosea</i>) Root Extract (standardized to contain 3% total rosavins and 1% salidroside)	125mg
Magnolia-bark (<i>Magnolia officinalis</i>) Stem Bark Extract (standardized to contain 2% honokiol)	100 mg
L-Theanine	50 mg

Non-medicinal ingredients: Vegetarian capsule (hypromellose, water), ascorbyl palmitate.

Certified



Gluten-Free



FREE FROM
GMOs



Vegan



Vegetarian

Cortisol Calm	Quantity	Order Code	NPN	UPC
	60	COR6C-C	80075253	766298018171

Support your cognitive function and
manage stress with 1 capsule 2 times daily.

Visit AtriumPro.ca/cortisol-calm-60-ca.html

Further foster a sense of calm in your daily routine
by adding **Pure Tranquility liquid**.

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Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org

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