

Cortisol Sync



Clinical Applications:

- Enhances resilience to physical and mental stress
- Promotes healthy energy levels and focus
- Supports a balanced cortisol-to-DHEA ratio
- Strengthens adrenal function and the stress response
- Helps improve performance under daily stress

ENDOCRINE HEALTH

Cortisol Sync is a comprehensive formula designed to support adrenal function, promote balanced energy levels, and enhance the body's ability to manage stress. It combines essential micronutrients, adaptogenic herbs, and adrenal concentrate to help strengthen the stress response and maintain hormonal balance. With targeted levels of vitamins A, C, B5 (pantothenic acid), and other B vitamins, Cortisol Sync supports optimal adrenal health, helping the body resist fatigue and sustain healthy cortisol and DHEA levels for improved resilience and vitality.

Overview

Cortisol Sync is designed to support the body's natural stress response by nourishing the hypothalamic-pituitary-adrenal (HPA) axis, which governs how we react to both acute and chronic stress. Stressors—whether physical, emotional, environmental, or psychological—trigger a three-phase response: alarm, resistance, and exhaustion. During the alarm phase, cortisol levels rise in a classic fight-or-flight reaction. In the resistance phase, the body attempts to adapt, relying heavily on the adrenal hormones cortisol and DHEA to maintain balance. However, with prolonged stress, the system can become taxed, leading to hormonal imbalances and symptoms like fatigue, irritability, brain fog, and nervous tension—all signs of the exhaustion stage. Cortisol Sync provides a targeted blend of adaptogenic herbs, adrenal concentrate, and key

micronutrients to help restore adrenal function and support the body's resilience to stress.

Rhodiola rosea Root Extract†

Rhodiola rosea is a well-researched adaptogenic herb known for its ability to enhance the body's resistance to physical, emotional, and environmental stressors. Traditionally used in Eastern Europe and Asia, Rhodiola supports nervous system balance, mood regulation, mental clarity, and restorative sleep cycles. It has been shown to help preserve critical neurotransmitters like serotonin, dopamine, and norepinephrine, which play key roles in emotional resilience and cognitive performance. In clinical trials, Rhodiola supplementation led to significant reductions in fatigue and improved mental performance, mood stability, and sleep quality, making it a valuable component of Cortisol Sync for managing stress and boosting overall vitality.

Eleuthero Root Extract

Eleuthero Root Extract (*Eleutherococcus senticosus*) is a well-known adaptogen traditionally used in Chinese medicine to enhance vitality, memory, and endurance. It has been shown to help the body adapt to stress, improve fatigue resistance, and support immune function. Clinical studies highlight its ability to reduce the body's physiological stress response. In one double-blind study, healthy volunteers who took Eleuthero for 30 days showed a 40% reduction in heart rate during a stress test compared to placebo.

† 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.

Additional research in athletes found that a single dose of Eleuthero significantly improved race performance, reducing race times from 52.6 to 48.7 minutes. These findings make Eleuthero a powerful component of Cortisol Sync, promoting stamina, mental clarity, and a balanced response to daily stress.

Schisandra Berry Extract

Schisandra Berry Extract (*Schisandra chinensis*) is a revered adaptogenic herb long used in traditional Chinese and Russian medicine to support mental clarity, emotional balance, and resilience to stress. In a double-blind, placebo-controlled study, athletes who received an adaptogenic blend including Schisandra experienced a notable increase in nitric oxide (NO) levels, which promoted improved circulation, enhanced nutrient delivery, and healthy blood pressure. The study also linked Schisandra to improved physical performance. Additionally, Schisandra has demonstrated benefits for learning and memory, and may offer neuroprotective effects, making it a valuable contributor to Cortisol Sync's comprehensive stress and cognitive support formula.

Licorice Root Extract

Licorice root is a well-known herbal adaptogen that supports adrenal function and cortisol balance. Key compounds like glycyrrhizin and glycyrrhetic acid help sustain cortisol levels by inhibiting the enzyme 11 β -HSD, which converts active cortisol into its inactive form, cortisone. In small, targeted doses, licorice root extract can help maintain cortisol levels and support a healthy stress response and inflammatory balance.

Adrenal Concentrate

Derived from bovine sources, adrenal concentrate is rooted in the traditional practice of glandular therapy, which uses organ extracts to support the function of the corresponding organs in humans. Adrenal concentrate helps rejuvenate adrenal gland activity, promoting a more balanced and efficient stress response, especially during times of adrenal fatigue or hormonal imbalance.

Micronutrient Blend

Optimal adrenal function and cortisol synthesis rely heavily on key vitamins, particularly vitamin C and B-complex vitamins. Vitamin C is essential for neurotransmitter production and adrenal health, while B vitamins—especially pantothenic acid (B5)—play a

central role in converting food into energy via Coenzyme A. Pantothenic acid has also been shown to enhance glutathione production and ATP synthesis. Niacin (B3) further supports adrenal hormone production and cellular energy, making this micronutrient blend foundational for stress recovery and adrenal resilience.

Directions

Take 2 capsules once or twice daily, or as recommended by your healthcare provider.

Does Not Contain

This product contains no wheat, gluten, yeast, soy, dairy, fish, shellfish, peanuts, tree nuts, eggs, artificial colors, sweeteners, or preservatives.

Cautions

If you are pregnant or nursing, consult your physician before taking this product

Supplement Facts ^{V6}		
Serving Size 2 Capsules		
Servings Per Container 30 & 60		
	Amount Per Serving	% Daily Value
Vitamin A (from 500 IU as Natural Beta Carotene)	150 mcg	17%
Vitamin C (as Ascorbic Acid USP)	200 mg	222%
Vitamin E (from 20 IU as d-Alpha Tocopherol Succinate USP)	13.4 mg	89%
Niacin USP	20 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride USP, Pyridoxal 5'-Phosphate)	30 mg	1,765%
Vitamin B12 (as Methylcobalamin)	200 mcg	8,333%
Pantothenic Acid (as d-Calcium Pantothenate)	350 mg	7,000%
Calcium	30 mg	2%
Adrenal Concentrate (Bovine)	220 mg	*
Eleuthero Root Extract (Standardized to contain 0.8% Eleutherosides)	100 mg	*
Rhodiola (<i>Rhodiola rosea</i>) Root Extract (Standardized to contain 3% Rosavins)	100 mg	*
Schisandra Berry Extract	100 mg	*
Chinese Licorice Root Extract (Standardized to contain 12% Glycyrrhizin)	75 mg	*

* Daily Value not established.

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References

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