

Cortico·Calm Matrix

A blend of Relora®, ashwagandha, phosphatidylserine, and supportive nutrients to reduce cortisol and calm the nervous system

Dairy Free

Gluten Free

GMO Free

Vegan

Soy Free



- Designed to lower cortisol levels and reduce associated symptoms of ongoing stress
- Relora® is a proprietary blend of *Magnolia officinalis* and *Phellodendron amurense*, studied for its ability to lower cortisol levels, improve sleep quality and decrease food cravings
- Sensoril® ashwagandha has also been shown to reduce cortisol levels and suppress food cravings, while also lowering inflammation markers, fatigue, and exercise recovery time
- Phosphatidylserine is included not only for lowering cortisol levels but also as a major phospholipid in the brain that can be helpful for regulating neurotransmitters and supporting cognition
- GABA, magnesium, and myo-inositol are added to calm the nervous system, support sleep, and regulate neurotransmitter levels

Irregular cortisol output has long been known to negatively impact a wide array of health measures including sleep, cognition, metabolic function, and immunity. In an ideal state, cortisol is released upon waking and levels gradually decline throughout the day before bottoming out during rest and sleep

cycles. Modern lifestyles and external stressors do not always allow for this healthy cortisol curve. In certain cases, cortisol production is excessive or untimely with greater output levels in the evening. **Cortico-Calm Matrix** by Cyto-Matrix is designed to support individuals with an elevated cortisol release or those with untimely cortisol production and subsequent sleep concerns.

Relora® is a patented blend of two herbal extracts, *Magnolia officinalis* and *Phellodendron amurense*, with clinical research and decades of practical application to support its use for managing cortisol levels. Clinical trials have shown that Relora® can subjectively reduce stress, improve sleep quality, reduce cortisol levels, decrease cravings for high-sugar foods, and maintain weight in stress-eaters. One trial found that just 2 weeks of supplementation in mild to moderately stressed individuals led to a 37% decrease in salivary cortisol levels and a significant increase in salivary DHEA. These effects appear to be due to the active ingredients magnolol and honokiol binding to GABA receptors.

Another powerful plant used to support healthy cortisol levels and stress-related concerns is *Withania somnifera*, more commonly known as ashwagandha. **Cortico-Calm Matrix** includes a

patented extract known as Sensoril® ashwagandha with a dozen clinical trials to support multiple aspects of human health and the stress response. Specifically, it has been shown to increase energy, reduce cortisol levels, suppress food cravings, improve cognition, improve athletic performance, and reduce exercise recovery time. Individuals taking Sensoril® find subjective improvements in stress management by reporting less irritability, improved concentration, and reduced fatigue. Sensoril® also has evidence to show that it can reduce inflammation, as per high-sensitivity C-reactive protein measurements, and reduce joint pain in those with knee discomfort. It is standardized to 3 bioactive ingredients, withanolide glycosides, withaferin A, and oligosaccharides, to ensure consistent quality and results.

Both of these patented herbal extracts have been combined with supportive nutrients in **Cortico-Calm Matrix** to optimize the cortisol response and calm the nervous system. One of these important nutrients is **phosphatidylserine**. Phosphatidylserine is one of the major phospholipids found in the brain and is involved in cell-to-cell communication within the central nervous system. Studies have found that it can help to regulate multiple neurotransmitters, including acetylcholine, norepinephrine, serotonin, and dopamine, with more than a dozen studies finding significant improvements in areas of cognition such as learning, memory, concentration, and recall. Phosphatidylcholine has also been found to lower cortisol in cases of excess physical exercise and has demonstrated an extremely high safety profile.

Finally, **Cortico-Calm Matrix** includes added **gamma-aminobutyric acid** (GABA), **magnesium**, and **myo-inositol** to act synergistically on an elevated stress response. GABA is the major inhibitory neurotransmitter found in the human brain and it is

responsible for calming the mind and balancing neurotransmission under excitatory conditions. Studies indicate that GABA supplementation can improve relaxation and concentration during times of stress, reduce sleep latency and increase time spent in deep sleep. Similarly, magnesium is necessary for maintaining proper nerve and muscle function, but also needed to create cellular energy in the mitochondria and as a cofactor to build DNA, RNA, and many proteins. Magnesium is delivered in its highly stable and bioavailable bis-glycinate form. Inositol, like phosphatidylserine, is a key component of the cellular membrane. Inositol is key in regulating communication and signaling between cells by increasing the sensitivity of cell receptors. It has been demonstrated to increase receptor sensitivity for serotonin, acetylcholine, norepinephrine, insulin and thyroid hormones. Collectively, the mechanisms of these 3 supportive nutrients all indicate a reduced and more balanced stress response. **Cortico-Calm Matrix** by Cyto-Matrix contains all of these patented herbal extracts and supportive nutrients to help lower cortisol levels and calm an overactive nervous system during times of stress or irregular cortisol patterns.

Each capsule contains

GABA (gamma- Aminobutyric acid)	100mg
Sensoril® Ashwagandha (root, <i>Withania somnifera</i>) 5:1 extract equivalent to 312.5mg of dry root, standardized to 32% withania oligosaccharides, 0.05% withaferin A, 10% withanolide glycosides*	62.5mg
Inositol	50mg
Relora®**	
Magnolia (branch bark, <i>Magnolia officinalis</i>) extract, standardized to 8.5% honokiol	34.37mg
Phellodendron (branch bark, <i>Phellodendron amurense</i>) extract, standardized to 2.5% berberine	11.25mg
Magnesium (Albion™ magnesium bis-glycinate chelate)***	25mg
Phosphatidylserine (seed, <i>Helianthus annuus</i>)	25mg



*Sensoril® is a registered trademark of
Natreon, Inc.



**Relora® is a Lonza trademark.



*** Albion™ is a trademark of Balchem
Corporation or its subsidiaries.

Non-Medicinal Ingredients

Citric acid, corn starch, hypromellose, magnesium stearate, microcrystalline cellulose, pregelatinized starch, silica.

Recommended Use Claim

Helps to reduce cortisol and C-reactive protein levels, the biomarkers of physical stress. Helps to temporarily promote relaxation. Helps reduce the symptoms of stress, such as fatigue, sleeplessness, irritability, and inability to concentrate.

Directions of Use

Adults (19 years and older) - Take 2 capsules per day. Consult a healthcare professional for use beyond 6 weeks.

Cautions and Warnings

Do not use if • you are pregnant • you are breastfeeding. Do not use with • alcohol • other medications or natural health products with sedatives • natural health products with analgesic properties. Ask a healthcare professional prior to use if • you are taking any prescription medication • you have a kidney disorder • you have blood pressure problems • you suffer from any psychological disorder or condition such as frequent anxiety or frequent depression. Ask a healthcare professional if • symptoms persist or worsen. When taking this product, it may cause • heartburn • shaking hands • perioral numbness • sexual dysfunction • thyroid dysfunction. When taking this product • some people may experience drowsiness • exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness • concomitant use with herbs, supplements and medications that have sedative properties might increase the risk of excessive drowsiness. Keep out of reach of children.

Storage Conditions

Do not use if safety seal is broken.