

Cortico·Calm Matrix

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

Sans produits laitiers

Sans gluten

Sans OGM

Végétalien

Sans soya



- 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.

Chaque capsule contient

GABA (Acide gamma-aminobutyrique)	100mg
Sensoril Ashwagandha (racine, <i>Withania somnifera</i>) extrait 5:1 équivalent à 312,5mg de racine sèche, normalisé à 32% withania oligosaccharides, 0,05% withaferin A, 10% withanolide glycosides*	62.5mg
Inositol	50mg
Relora **	
Magnolia (écorce, <i>Magnolia officinalis</i>) extrait, normalisé à 8,5% honokiol	34,37mg
Phéllodendron (écorce, <i>Phellodendron amurense</i>) extrait, normalisé à 2,5% berbérine	11,25mg
Magnésium (Albion chélate de bisglycinate de magnésium)***	25mg
Phosphatidylsérine (graine, <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.

Ingrédients non médicinaux

Acide citrique, amidon de maïs, amidon
prégélatinisé, cellulose microcristalline,
hypromellose, silice, stéarate de magnésium.

Indications

Aide à réduire les taux de cortisol et de protéine C-
réactive, des biomarqueurs du stress physique. Aide
à favoriser temporairement la détente. Aide à
réduire les symptômes du stress, tels que la fatigue,
l'insomnie, l'irritabilité et l'incapacité à se concentrer.

Mode d'emploi

Adultes (19 ans et plus) - Prendre 2 capsules par jour.
Consulter un professionnel de soins de santé pour
l'usage de plus de 6 semaines.

Mises en garde et avertissements

Ne pas utiliser si • vous êtes enceinte • vous
êtes allaitante. Ne pas utiliser avec • de l'alcool • tout
autre médicament ou produit de santé naturel ayant
des effets sédatifs • produit de santé naturel ayant
des effets analgésiques. Consulter un professionnel
de la santé avant d'en faire l'usage si • vous prenez
tout médicament d'ordonnance • vous souffrez un
trouble rénal • vous souffrez des problèmes de
tension artérielle • vous souffrez de tout trouble état
psychologique tel que l'anxiété à répétition ou la
dépression à répétition. Consulter un professionnel
de la santé si • les symptômes persistent ou
s'aggravent. Lorsque vous utilisez ce produit, peut
causer • des brûlements d'estomac • des mains
tremblotantes • un engourdissement péri-buccal • un
dysfonctionnement sexuel • un dysfonctionnement
de la thyroïde. Lorsque vous utilisez ce produit •
certaines personnes pourraient ressentir de la
sommolence • faire preuve de prudence si vous
opérez de la machinerie lourde, conduisez un
véhicule motorisé, ou participez à une activité qui
nécessite de la vigilance mentale • l'utilisation
combinée avec des plantes, des suppléments ou des
médicaments qui ont des effets sédatifs, pourrait
augmenter le risque de somnolence excessive.
Garder hors de la portée des enfants.

Rangement

Ne pas utiliser si le sceau de sécurité est brisé.