

Craving and Stress Support*

For stress, cortisol balance, blood sugar maintenance, and weight management*



Phellodendron
Magnolia
B vitamins



What it is

Craving and Stress Support* is a proprietary blend of plant extracts from *Magnolia officinalis* and *Phellodendron amurense* (two well-known botanicals used in Traditional Chinese Medicine for over 1,500 years) combined with the active, tissue-ready forms of B2, B6, B12, and folate B-complex vitamins.

How does it work?

Individuals who are occasionally anxious, feel stressed, or eat when stressed can have trouble maintaining their optimal weight. This is because chronic stress increases the adrenal output of cortisol. When cortisol levels are elevated, serotonin levels drop, leading to mood changes and alterations in sleep patterns. These shifts can lead to chronic cravings for comfort foods, especially carbohydrates. Elevated cortisol levels also lead to increases in blood sugar, followed by increased insulin, and eventually fat production. The botanicals in Craving and Stress Support* help support a balanced cortisol rhythm.

Key benefits

- / Helps reduce stress-related eating habits*
- / Supports weight management*
- / Helps balance cortisol levels*
- / Supports a positive mood by helping reduce occasional anxious feelings*
- / Supports restful sleep*

The science behind Relora®

The research outlined below has been conducted on Relora® – a proprietary blend of the botanicals *Magnolia officinalis* and *Phellodendron amurense*. Thorne combines Relora with several B vitamins that are nutritional cofactors necessary for the formation of neurotransmitters that can have a positive affect on mood.*

Relora can help lower cortisol levels and improve mood*

In a double-blind, placebo-controlled trial, 56 moderately stressed subjects (35 men; 21 women) were given 250 mg of a proprietary blend of the botanicals *Magnolia officinalis* and *Phellodendron amurense* (Relora) or placebo twice daily for four weeks. Salivary cortisol levels decreased significantly in the Relora group (an average of 18 percent).* In addition, various mood indices measured by the Profile of Mood States Survey improved significantly.

Talbott S, Talbott J, Pugh M. *J Int Soc Sports Nutr* 2013;10:37. doi: 10.1186/1550-2783-10-37.

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*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.

The science behind

Relora®

Relora can help with weight management*

A double-blind, placebo-controlled trial was conducted on 42 (28 completed the study) healthy, overweight (BMI: 25- 34.9), premenopausal women (ages 20-50). Each study participant was given either 250 mg of Relora or placebo three times daily for six weeks. The goal of the study was to determine whether Relora could help with weight management in overweight individuals who tend to engage in stress eating. At the end of the study, the placebo group experienced a statistically significant average weight gain of 1.5 kg, while the treatment group experienced no significant weight gain.* Measurements of mood were also improved.*

Garrison R, Chambliss W. *Altern Ther Health Med* 2006;12:50-54.

Relora can improve transitory anxious feelings*

In another double-blind study using the same protocol as the above-cited study, 40 premenopausal women (26 completed the study) were given 250 mg Relora or placebo three times daily for six weeks. Significant improvement in transitory anxious feelings was achieved in women taking Relora compared to those taking placebo.*

Kalman D, Feldman S, Feldman R, et al. *Nutr J* 2008;7:11. doi: 10.1186/1475-2891-7-11.

SUPPLEMENT FACTS

V08

Serving Size: Two Capsules
Servings Per Container: 60

Two Capsules Contain:		%DV
Thiamin (as Thiamin HCl)	10 mg	833%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	10 mg	769%
Niacin (as Niacinamide)	10 mg	63%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg	588%
Folate (200 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	334 mcg DFE	84%
Vitamin B12 (as Methylcobalamin)	100 mcg	4,167%
Proprietary Blend	500 mg	
<i>Magnolia officinalis</i> (bark) extract		*
<i>Phellodendron amurense</i> (bark) extract		*

*Daily Value (DV) not established.

Other Ingredients

Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate, Silicon Dioxide.

Suggested Use

Take 2 capsules daily or as recommended by your health-care practitioner.

WARNING

If pregnant, nursing, or trying to conceive, do not use this product.

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A.

SKU	Unit Count	Benefits	Features
SF809	60 Capsules	Sleep* Metabolism* Stress*	Gluten Free

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