



Relora® Supports Healthy Mood



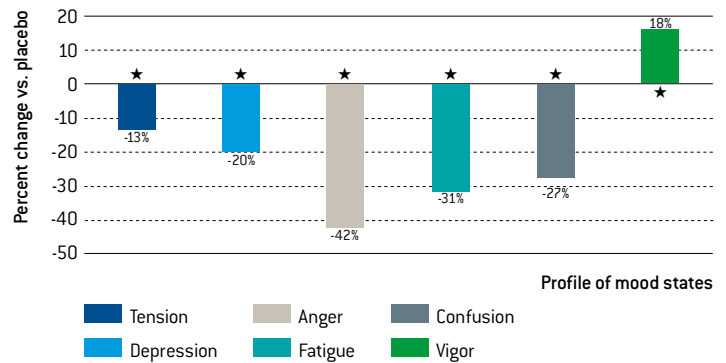
The Relora® plant extract is a blend of Magnolia and Phellodendron bark extracts. Three research publications show the Relora® plant extract blend helps:

- Reduce stress and short-term anxiety
- Positively affect mood state scores*
- Maintains weight in stress eaters
- Reduces cortisol levels*

*To our knowledge, the data in this study were not adjusted for baseline; 8 week data were collected but not published and may not be statistically significant.

Change in Mood with Relora® at week 4*

Significant Improvement in Mood States of 13—42%†



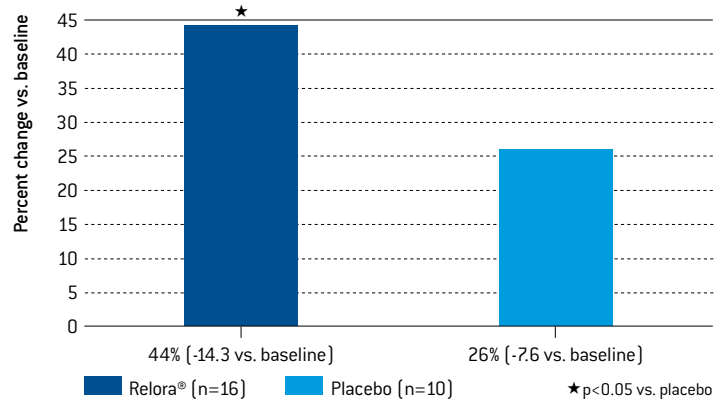
Relora® (n=28) vs. placebo (n=28)

*p<0.05 vs. placebo

† Talbott SM, et al. *J Int Soc Sports Nutr.* 2013;10:37.

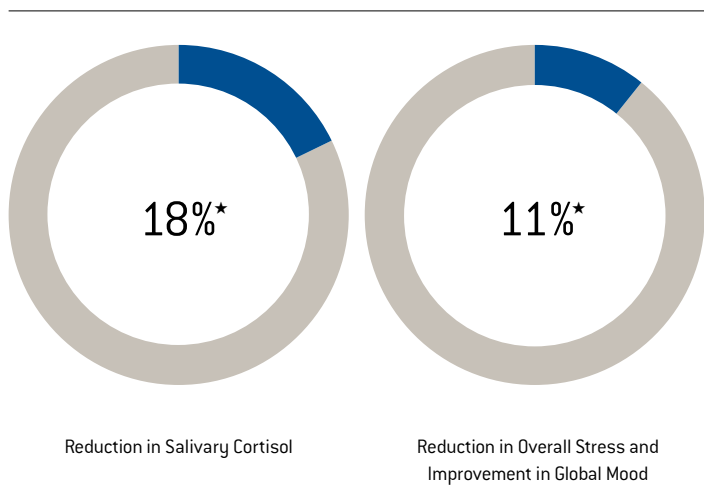
Change in Anxiety with Relora® at week 6

Significant Reduction in Anxiety Compared to Placebo‡



‡ Kalman DS, et al. *Nutr J.* 2008;7:11.

1. Three peer-reviewed publications.^{1,3}
2. 4 weeks of supplementation with 500 mg of the Relora® plant extract blend per day was found to improve Profile of Mood States (POMS) scores in moderately stressed subjects.¹
3. The same study found reduced perceived overall stress as measured via the Yale Stress Survey (not shown).¹
4. Supplementation with 750 mg of the Relora® plant extract blend per day for 6 weeks to overweight or obese but otherwise healthy women resulted in reduced self-reported short term anxiety.²
5. Supplementation with 750 mg of the Relora® plant extract blend per day for 6 weeks to healthy overweight menopausal women showed a significant weight gain in the placebo group (average of 1.5 kg) and no significant weight gain for the Relora® group.³
6. Non-GMO, Vegan and Kosher Certified.
7. Supplementation with 500 mg¹ of the Relora® plant extract blend per day resulted in a normalization of salivary cortisol levels.



Talbott SM, et al. *Journal of the International Society of Sports Nutrition*. 2013;10:37*
 *To our knowledge, the data in this study were not adjusted for baseline; 8 week data collected but not published and may not be statistically significant.

References:

1. Talbott SM, et al. Effect of Magnolia officinalis and Phellodendron amurense (Relora®) on cortisol and psychological mood state in moderately stressed subjects. *J Int Soc Sports Nutr*. 2013;10:37.*
2. Kalman DS, et al. Effect of a proprietary Magnolia and Phellodendron extract on stress levels in healthy women: a pilot, double-blind, placebo-controlled clinical trial. *Nutr J*. 2008;7:11. 2006;12:50-54.
3. Garrison R, et al. Effect of a proprietary Magnolia and Phellodendron extract on weight management: A pilot, double-blind, placebo-controlled clinical trial. *Altern Ther Health Med*. 2006;12:50-54.



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