



# Stress and Energy Balance

ENABLES STRESS HORMONE BALANCE

RECHARGE NEUROHORMONES  
RESTORE HORMONE BALANCE  
EVIDENCE-BASED NUTRITION



## THE NEED FOR MORE ENERGY: STRESS AND ENERGY BALANCE

Over eighty percent of people cite 'lack of energy' as the most common reason for coming to a physician. Low energy is a symptom of adrenal fatigue also known as Addison's hypoadrenalism. Other common signs of low adrenal function include:

- An uncontrollable need to eat
- Unusual mood swings
- Lack of restorative sleep...being tired or less than refreshed when one wakes up. As a result, people often push themselves to continue functioning; however, usually with the help of stimulants like coffee, cola, or sugar.

**Stress and Energy Balance** is a natural, non-stimulating product that effectively rehabilitates the body's energy system at the cellular level so the glands can again function in youthful, resilient, and effective ways while not over-taxing an exhausted gland.\*

**Stress and Energy Balance** uniquely combines special forms of Rhodiola, Magnolia, and Phellodendron micellized in perilla oil and Medium Chain Triglycerides derived from raw palm fruit. Only **Stress and Energy Balance** restores adrenal energy, improves thyroid hormone function, and enhances immune hormonal functions with evidence-based science to support the safer, trophorestorative rehabilitation of energy molecules (adrenalines) and control hormones like cortisol and DHEA.\*

### 1. *Rhodiola rosea calus / roseroot rhizome:*

Rhodiola rosea is a popular plant in traditional medical systems in Eastern Europe and Asia and works on harmonizing the central nervous system, decreasing depression, enhancing work performance, eliminating fatigue, stabilizing moods, as well as working as a healthy mood regulator. Cardio-protective functions have also been attributed to rhodiola in traditional medical literature. Research also demonstrates utility in restoring healthy sleep rhythms, poor appetite, irritability, idiopathic hypertension, and unexplained headaches. The mechanism by which Rhodiola rosea calus works is based on action of activity of monoamines (adrenalines, dopamine, etc.) and opioid peptides such as beta-endorphins in the body.<sup>1</sup> The biologically active substances salidroside, rosin, and rosavin present in the rhizome of the plant increase the ability to concentrate and enhance mental and physical power.<sup>2</sup> Only we assure the use of the active, safer, effective rhodiola form.\*

### 2. *Magnolia and Phellodendron extracts: Stress and Energy Balance*

uses Relora®, an all-natural, proprietary, patented extract of Magnolia officianalis and a proprietary extract of Phellodendron amurense. Magnolia officianalis is a tree native to the rainforests of China. Its bark has long been used in a variety of ways, including for the use of stress and anxiety control. Phellodendron amurense, from the Amur corktree, grows in northeastern China and Japan.

Together, these extracts support or restore levels of the cortisol and DHEA hormones in the body. This promotes the management of stress-related issues.<sup>3</sup> Magnolia and phellodendron work together by binding to stress hormone receptors in the nervous system to promote relaxation and feelings of well-being, yet do not attach to the benzodiazepine receptors associated with sedation and dependency.

A special benefit noted by many is reduced stress-related over-eating. James Lavalle, ND, RPh, CCN from The Living Longer Clinic in Cincinnati, OH studied the effects of these extracts on cortisol and DHEA levels as well as stress-related eating habits in over 500 people. Elevated first morning cortisol levels were lowered by 37% (over one-third!), and DHEA increased by 227% (more than doubling this helpful anabolic hormone). In addition, stress-related snacking on sweets, such as ice cream, cake, pie, and cookies was reduced by 76% in those individuals who reported they ate these foods under stress.

### 3. Perilla oil plus MCTs: Stress and Energy Balance

is micellized for maximum absorption and efficacy.\* Perilla oil and MCTs provide a unique combination

of energetically active essential oils that are also natural stress-reducing agents. Perilla oil comes from *Perilla frutescens* seeds. Perilla oil is rich in omega 3 fatty acid [alpha-linolenic acid (ALA)]. ALA stimulates repair and can be called anti-inflammatory on this basis. It also has cardioprotective effects by preventing arterial blood (platelet) clots and reducing overly active platelet aggregation<sup>4,5</sup>. MCTs derived from raw palm fruit soak up cell acids and produce energy in the mitochondria. MCTs are easy to assimilate and metabolize in the body, especially important to those with delicate stomachs or who are rebuilding their digestion.

**Stress and Energy Balance's** unique combination of the special forms of rhodiola and magnolia energized by Perilla and MCT oils delivers the first adrenal support product that works at the cellular level in the brain, gut, and the adrenal glands to more safely and effectively recharge the overly stressed or exhausted person.\*

### REFERENCES

1. Kelly, Gregory S. Rhodiola rosea: A Possible Plant Adaptogen. *Altern Med Rev* 2001;6(3): 293-302.
2. Experimental analysis of therapeutic properties of Rhodiola rosea herb and its possible application in medicine. *Medicina (Kaunas)* 2004; 40(7): 614-9.
3. Suffka KJ, et al. Anxiolytic properties of botanical extracts in the chick social separation-stress procedure. *Psychopharmacology (Berl)*. 2001 Jan 1;153(2):219-24.
4. Narisawa T, Fukaura Y, Yazawa K, et al. Colon cancer prevention with a small amount of dietary perilla oil high in alpha-linolenic acid in an animal model. *Cancer* 1994; 73:2069-2075.
5. Oh-hashii K, Takehashi T, Watanabe S. Possible mechanisms for the differential effects high linoleate safflower oil and high alpha-linolenate perilla oil diets on platelet-activating factor production by rat polymorphonuclear leukocytes. *J Lipid Mediat Cell Signal* 1997; 17:207-220.

**Directions:** As a dietary supplement, take two (2) softgels daily or as directed by your health professional. Store below 70° F.

### SUPPLEMENT FACTS

Serving size: 2 Softgels

Servings per container: 30 or 90

Energized Nutrients	Amount per serving	% Daily Value
Rhodiola (> 3% rosavins + > 1% salidroside) .....	300 mg.	*
Relora®^ (Magnolia officinalis + Phellodendron amurense**) .....	500 mg.	*
Perilla Oil .....	800 mg.	*
Medium Chain Triglycerides (MCTs from raw palm fruit) .....	250 mg.	*
Phosphatidylcholine .....	90 mg.	*
Beeswax .....	70 mg.	*
Gelatin .....	500 mg.	*
Water .....	20 mg.	*
Turmeric powder .....	12 mg.	*
Glycerin .....	12 mg.	*

\* Daily value not established. \*\*Relora® brand Magnolia officinalis and Phellodendron amurense (U.S. Patents 6582735 and 6814987)

^Relora® is a registered trademark of InterHealth, N.I.

Other Ingredients: None

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Prosper Nutrition, Houston, TX 77066  
 info@prospernutrition.com • 281-595-8959

\*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.