

COGNITIVE ULTRA W/ RELORA is a dietary supplement to support stress management, appetite control and mood balance.*

COGNITIVE ULTRA W/ RELORA is a unique formula that combines the adaptogenic and neurotonic benefits of Bacopa standardized extract with Relora[®], a proprietary blend of herbal extracts to support a sense of calm.*

COGNITIVE ULTRA W/ RELORA:

- Helps to stabilize levels of the stress hormone cortisol *
- Supports neurotransmitters that optimize mood*
- Works to regulate melatonin, a hormone that regulates sleep*
- Helps to manage stress-related challenges such as irritability, emotional ups and downs, restlessness, tense muscles, poor sleep and concentration difficulties*
- Shown to reduce stress related cravings for carbohydrates*

About the Ingredients

Relora[®] is an advanced natural and patented combination of magnolia and phellodendron extracts to help support normal levels of the Cortisol and DHEA hormones produced by the body to promote the management of stress.* It works by binding to stress receptors in the nervous system to promote relaxation and feelings of well being while ignoring the receptors associated with sedation.*

Bacopa monnieri has been used in the Ayurvedic system of medicine for centuries. Traditionally, it was used as a brain tonic to enhance memory development, learning and concentration. The constituents responsible for Bacopa's cognitive effects are bacosides A and B.

Bacosides aid in repair of neurons by enhancing kinase activity, neuronal synthesis, and restoration of synaptic activity, and nerve impulse transmission.* They also have antioxidant activity.*

Magnolia is designed for stress and stress-related eating.* It should be used as an adjunct to an exercise and diet program.

COGNITIVE ULTRA W/ RELORA supports weight management for those who experience excessive stress.* Excessive stress can lead to food cravings and increased fat, particularly in the belly. **COGNITIVE ULTRA W/ RELORA** supports a less stressed state while encouraging memory and concentration.*

COGNITIVE ULTRA W/ RELORA is vegetarian and gluten free.

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

Relora [®] (a proprietary blend of a patented extract from <i>Magnolia officinalis</i> bark and <i>Phellodendron amurense</i> bark extract)	375 mg
<i>Bacopa monnieri</i> Extract	100 mg
yielding Bacosides A & B	20 mg

Other ingredients: vegetable cellulose, microcrystalline cellulose, vegetarian leucine.

Suggested Use: As a dietary supplement, take 1 capsule, twice daily with food, or as directed by your healthcare practitioner.

Warning: Do not take if pregnant or lactating. Do not take if currently taking any prescription medication or receiving medical treatment without consulting your healthcare practitioner.

Caution: Relora[®] may cause drowsiness; use caution in operating automobiles and heavy machinery. Do not take with alcohol as drowsiness can increase. Discontinue use 2 weeks prior to surgery.



Relora[®] & logo are trademarks of Lonza or its affiliates.