



NATURE'S SUNSHINE

Cortisol Formula (Nature's Cortisol Formula)

GOOD FOR

Adrenals

Endocrine System

Nervous System

SIZE **90 capsules**

ITEM # **3209**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 capsule with a meal three times daily.

— How the Key Ingredients Work

Nature's Cortisol Formula brings together time-tested botanicals, essential nutrients, and targeted natural compounds that work together to help your body handle everyday stress more gracefully. By supporting the adrenal glands, steadying blood sugar, and encouraging a calm, focused mind, this formula helps you feel balanced from the inside out.

Vitamin C — Your adrenal glands hold more vitamin C than almost any other part of your body — and when stress hits, they burn through it fast. This formula delivers vitamin C to help replenish what stress depletes, supporting your body's natural ability to produce cortisol and keep your energy and immune defenses steady.

Relora® — Relora® is a patented blend of two traditional bark extracts — Magnolia officinalis and Phellodendron amurense — studied in multiple placebo-controlled trials. It has been shown to reduce feelings of anxiety, ease stress-related food cravings for sugary snacks, and in one clinical study cut fatigue by 31% while boosting vigor by 18% in just four weeks.

L-Theanine — Found naturally in green tea, L-theanine is an amino acid that promotes a state of calm alertness without drowsiness. Research shows it encourages relaxed alpha brain wave activity, supports healthy GABA levels, and has been shown in multiple trials to blunt the rise in cortisol and blood pressure that often follows stressful mental tasks.

Chromium — Chromium is a trace mineral that helps your body use insulin more effectively, keeping blood sugar on an even keel. Because blood sugar swings can trigger cortisol spikes, steady glucose levels matter for stress balance. Clinical studies also show chromium can reduce carbohydrate cravings — a common side effect of chronic stress.

Vanadium — Vanadium is a trace element that acts similarly to insulin in the body, helping cells take up and use glucose properly. Short-term human trials have shown it can lower fasting blood sugar in people with blood sugar challenges, and animal research points to benefits for healthy cholesterol levels and blood pressure — all areas that stress can quietly affect over time.

Cyanotis Vaga — Cyanotis vaga is a botanical from the Commelinaceae plant family with a long history of traditional use. The plant is a natural source of ecdysterone compounds and has been used in traditional wellness practices to support physical resilience and overall vitality, making it a complementary addition to a formula focused on helping the body adapt to daily demands.

Cape Aloe — Cape Aloe — also known as bitter aloe or Aloe ferox — is a southern African plant whose latex has been used for centuries as a traditional digestive support herb. Recognized by the European Commission E, it works in the large intestine to support regularity and comfortable digestion, helping the gut stay on track even when stress disrupts normal digestive rhythms.

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