

Product Name:

Relora®-Plus

Galenic Form:

Vegetable capsule

Format:

60 Vegetable Capsules

Ingredients:

Each capsule contains:

Relora®.....	250 mg
providing:	
Magnolia (<i>Magnolia officinalis</i>) bark extract (std. to 1.5% honokiol).....	75 mg
Amur corktree (<i>Phellodendron amurense</i>) bark extract (std. to 0.1% berberine).....	25 mg
GABA (gamma-aminobutyric acid).....	70 mg
5-HTP (5-hydroxytryptophan from <i>Griffonia simplicifolia</i> seed).....	25 mg
Vitamin B2 (riboflavin).....	10 mg
Vitamin B6 (pyridoxal-5-phosphate).....	10 mg
Folate (folic acid).....	50 mcg
Vitamin B12 (cyanocobalamin).....	25 mcg

Non-medicinal ingredients:

Cellulose, magnesium stearate, silicon dioxide, hypromellose, corn starch, modified food starch.

This product does not contain dairy, egg, gluten, shellfish, soy, sulfites, animal derivatives, or artificial colours, flavours, or preservatives.

Formula Rationale: Rx Balance™ Relora®- Plus is an exceptional formula that combines Relora® with GABA, 5-HTP, and supportive B vitamins for stress and cortisol control. Chronic stress and anxiety are associated with a higher risk of morbidity and mortality from cerebrovascular and cardiovascular diseases, such as hypertension, cardiac ischemia and arrhythmias, and predispose people to a range of other disorders.

Relora® is a remarkable, clinically proven herbal formula containing extracts of Magnolia and Amur corktree, two herbs that work synergistically to help control stress-related symptoms, including irritability, emotional swings, muscle tension, restlessness, poor concentration, and interrupted sleep, as well as stress-related cravings and overeating. Relora® helps to support the production of normal levels of cortisol and DHEA hormones, promoting effective stress management. It works by binding to stress receptors in the nervous system to promote relaxation and feelings of well-being, while ignoring receptors that would cause sedation. In human trials, Relora® has been shown to be safe and effective. In one clinical study using 1,291 subjects with mild to moderate stress, 91% reported that Relora® helped them

relax, 90% reported that it helped them have a restful sleep, and 96.4% reported absolutely no side effects.

GABA (gamma-aminobutyric acid) is included in this formula for its role as a major inhibitory neurotransmitter in the central nervous system. Excitation in the brain must be balanced with inhibition, and GABA exerts anticonvulsant, sedative, and anxiolytic (antianxiety) effects at a cellular level. The effect of orally administered GABA on relaxation and immunity during stress was investigated in a study with humans. The effect of GABA intake on brain waves using electroencephalograms (EEGs) was tested and indicated that GABA significantly increased alpha waves and decreased beta waves. These findings denote that GABA not only induces relaxation but also reduces anxiety.

5-HTP (5-hydroxytryptophan) is included in this formula for its calming effect. Naturally sourced from the seed of the *Griffonia simplicifolia* plant, 5-HTP is clinically proven to improve mood, promote relaxation, and balance sleep patterns. This neuronutrient is produced in the body after we eat food that contains the essential amino acid tryptophan. The body uses the 5-HTP to produce serotonin, an important neurotransmitter in the central nervous system that is essential for healthy nerve and brain function. In a study using 24 panic disorder patients and 24 healthy volunteers, 5-HTP was found to significantly reduce the reaction to a panic challenge in the panic disorder patients as opposed to placebo. No such effect was noticed in the healthy volunteers. The researchers concluded that 5-HTP acts to inhibit panic, which supports the modulatory role of serotonin in panic disorder.

Vitamins B2, B6, and B12 and folic acid are included in this formula because of their action as cofactors and in the developmental role of the neural system. Vitamin B6 (pyridoxal-5-phosphate) is an important coenzyme in the biosynthesis of GABA, dopamine, and serotonin. If vitamin B2 (riboflavin) is deficient, the metabolism of the other B vitamins, notably folate and B6, can be reduced. Various studies have conclusively linked decreased folate (folic acid) and elevated homocysteine to depressive disorders. Folate and vitamin B12 have fundamental roles in the function of the central nervous system at all ages and may prevent mood disorders and dementias. Associations between folate status and mood have been known for some time, with folate deficiency considered a treatable cause of depression.

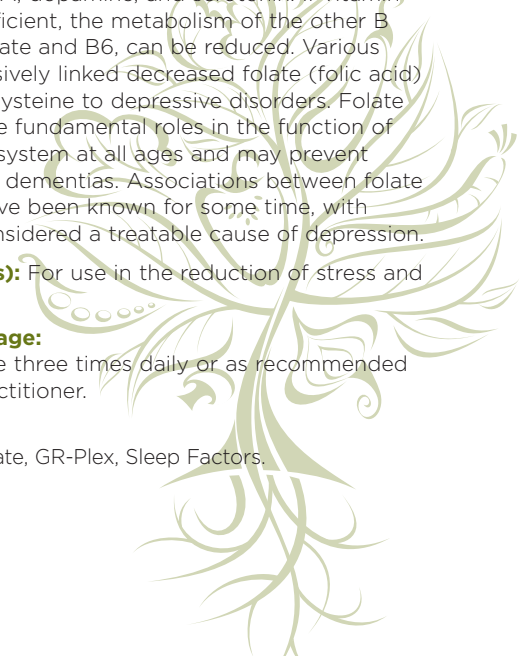
Primary indication(s): For use in the reduction of stress and related symptoms.

Recommended dosage:

Adults take 1 capsule three times daily or as recommended by a health care practitioner.

Complements:

Magnesium Bisglycinate, GR-Plex, Sleep Factors.



Caution:

Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

Dr. Crisafi's comments:

Stress is unavoidable in our fast-paced world. We have deadlines to meet, family responsibilities, financial concerns, and more. Even happy events such as marriage or a new baby can be stressful. It is important to manage stress in order to prevent it from damaging our health. In addition to a healthful diet, exercise, and relaxation, RX Balance™ Relora®-Plus can provide powerful stress relief.

The main ingredient in this exceptional formula is Relora®, a combination of two herbs Magnolia and Amur corktree which have been safely used for centuries in Traditional Chinese Medicine. Today, modern scientific studies using Relora® confirm its safety and demonstrate that it helps to reduce elevated cortisol and increase depressed DHEA, bringing them to normal levels. Chronic stress causes a significant increase in cortisol (our fight-or-flight hormone) and a decrease in DHEA (a hormone responsible for antiaging and sex drive). Our fight-or-flight response causes our heart rate to speed up, our blood pressure to rise, our muscles to tense up, and our blood sugar to increase. Low DHEA can lead to depression, joint pain, low sex drive, poor memory, difficulty losing weight, and a weakened immune system. In addition to balancing these hormones, Relora® also binds to neurotransmitter receptors in the central nervous system that are specific to enhancing mood and producing a calming effect.

The GABA (gamma-aminobutyric acid), an inhibitory neurotransmitter, in this formula helps to regulate the firing of neurons in the brain and induces relaxation and reduces muscle tension, stress, and anxiety.

The calming neuronutrient 5-HTP (5-hydroxytryptophan) in this formula increases serotonin levels and supports calmness, relaxation, and good sleep. The stresses of everyday life can result in a deficiency in serotonin. Although serotonin is not a hormone, it is sometimes referred to as a "happiness hormone," because it is responsible for our feelings of well-being. Serotonin is required for balanced mood and healthy sleep patterns. When serotonin levels are depleted, our natural body rhythms are disturbed and we can experience depression and other psychological disturbances, such as anxiety, sleeplessness, moodiness, fatigue, poor concentration, and low self-esteem.

Vitamins B2, B6, and B12 and folic acid work synergistically in this formula to help support a healthy nervous system.

At our clinic, Relora®-Plus has given excellent results in a number of situations not normally associated with this supplement. Apart from being used to reduce stress induced salt or sugar cravings, we use Relora®-Plus with patients suffering from symptoms that have been triggered by excess stress, including unjustified weight gain and irritable bowel (IBS). Indeed, research has highlighted the fact that irritable bowel is often triggered by stress. High levels of cortisol can actually cause irritable bowel. One study published in the Journal of Endocrinological Investigation (2001 Mar; 24(3):173-7) was able to show

that patients with IBS actually had significantly higher cortisol levels than the control group. Our research on stress has also shown that Relora® and 5-HTP help to significantly reduce the severity of irritable bowel. Another area where Relora®-Plus has given us excellent results is in fibromyalgia. Fibromyalgia is often triggered during or after a period of intense stress. Furthermore, many of its symptoms (pain, insomnia, depression) are characteristic of serotonin deficits. Cortisol produced during stress is a serotonin antagonist and Relora® reduces excess cortisol. Furthermore, 5-HTP and vitamin B6 are required in the production of serotonin. We use Relora®-Plus along with Magnesium Bisglycinate in support of fibromyalgic patients for optimal results. Finally, we have used Relora®-Plus with the elusive "chronic fatigue syndrome" especially when the symptoms have been triggered by stressful periods.

Selected References

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- Next Pharmaceuticals. *Next Pharmaceuticals announces Relora open label study: results demonstrate that over 1100 participants said Relora helped them relax, get a better night's rest and helped with stress-related eating* [press release]. September 4, 2007. Available at: www.nextpharmaceuticals.com/stage/pdfs/press/relora9407.pdf. Accessed May 19, 2011.
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- Schruers K, van Diest R, Overbeek T, Griez E. *Acute L-5-hydroxytryptophan administration inhibits carbon dioxide-induced panic in panic disorder patients*. Psychiatry Res. 2002;113(3):237-43.

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