

## Helps reduce stress and stress-related symptoms

RxBalance™ Relora®-Plus is an exceptional formula that combines Relora®, a proven herbal formula that promotes normal levels of cortisol and DHEA hormones; GABA, a neurotransmitter that induces relaxation; 5-HTP, which the body uses to produce serotonin; and B vitamins that support the central nervous system.

### Ingredients: Medicinal

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

### Ingredients: Non-medicinal

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.

### Recommended Use

For the reduction of stress and related symptoms.

### Recommended Dose

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

### Risk Information

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

### Interactions with Drugs/Supplements

Consult a health care practitioner before use if taking any medications, in particular drugs for anxiety, depression, Parkinson's disease, or migraines.

### Dosage Form Description

Vegetable capsule

### Packaging

Available in bottles of 60 vegetable capsules.

### Stability

Shelf life of 3 years when stored in a cool, dry place.

### Ingredient Description

Rx Balance™ Relora®-Plus is an exceptional formula that combines Relora® with GABA, 5-HTP, and supportive B vitamins for stress and cortisol control.

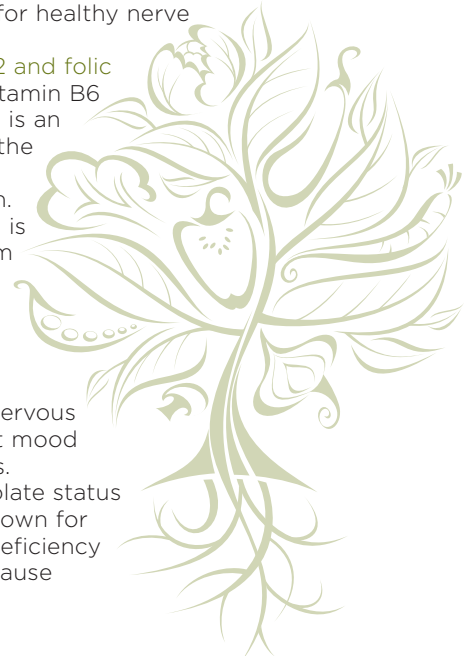
Relora® is a remarkable, clinically proven herbal formula containing extracts of *Magnolia officinalis* and *Phellodendron amurense*, two herbs that work synergistically to help control stress-related symptoms, including irritability, emotional swings, muscle tension, restlessness, poor concentration, 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.

GABA (gamma-aminobutyric acid) is 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 5-HTP (5-hydroxytryptophan) in this formula is 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.

Vitamins B2, B6, and B12 and folic acid act as cofactors. 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. Folate and vitamin B12 have fundamental roles in the function of the central nervous system 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.



## Reason for Combination

The combination of ingredients in Rx Balance™ Relora®-Plus, provides powerful stress relief. The main ingredient, Relora®, is a combination of two herbs *Magnolia officinalis* and *Phellodendron amurense*, 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. 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. GABA (gamma-aminobutyric acid), an inhibitory neurotransmitter, 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. Vitamins B2, B6, and B12 and folic acid work synergistically in this formula to help support a healthy nervous system.

## Research Synopsis

1. 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.<sup>3,5</sup>
2. 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.<sup>1</sup>
3. 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.<sup>6</sup>
4. Various studies have conclusively linked decreased folate (folic acid) and elevated homocysteine to depressive disorders. A review of findings in major depression published in the *Journal of Psychopharmacology* in 2005 found that folate (folic acid) and vitamin B12 status was low and

homocysteine levels were increased in studies of depressive patients. The researchers concluded that both folic acid and Vitamin B12 should be tried to improve treatment outcome in depression.<sup>2</sup>

5. A study using high doses of B vitamins on healthy members of the general population found that supplementation led to improved ratings of stress, mental health and vigour and improved cognitive performance during intense mental processing.<sup>4</sup>

## References

1. Abdou AM, Higashiguchi S, Horie K, Kim M, Hatta H, Yokogoshi H. Relaxation and immunity enhancement effects of gamma-aminobutyric acid (GABA) administration in humans. *Biofactors*. 2006;26(3):201-8.
2. Coppen A, Bolander-Gouaille C. Treatment of depression: Time to consider folic acid and vitamin B12. *J Psychopharmacol*. 2005;19(1):59-65.
3. Kalman DS, Feldman S, Feldman R, Schwartz HI, Krieger DR, Garrison R. 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.
4. Kennedy DO, Veasey R, Watson A, et al. Effects of high-dose B vitamin complex with vitamin C and minerals on subjective mood and performance in healthy males. *Psychopharmacol [Berlin]*. 2010;211(1):55-68.
5. 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](http://www.nextpharmaceuticals.com/stage/pdfs/press/relora9407.pdf). Accessed May 19, 2011.
6. 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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