

Cortisol Stress Support**

Healthy Cortisol Balance*



Stress Resistance[^]

Weight Management[™]

Daily Energy

Positive Mood*

Many of your patients have probably heard about cortisol and its association with stress but have also wondered what they can do about it. Fortunately, there's Cortisol Stress Support.**^

While we all need cortisol to deal with occasional stressors, sometimes an individual's cortisol response puts them into "fight or flight" mode more than necessary. The result is a sense of being revved up, but also feeling fatigued at the same time. That's why balanced levels of cortisol are key to optimal health.*1

Cortisol Stress Support features ingredients that support healthy levels of this critical hormone, for a more balanced response to life's challenges. And that includes more than occasional stress—healthy cortisol levels support daily energy, healthy weight management^{††}, healthy blood sugar balance, and healthy immune function, too.*1

Cortisol Balancing Combination*†

Premium Bioactive B Vitamins: Getting B vitamins in a bioactive form is a key difference from the type of B vitamins that your patients may have tried in the past. You can remind them that most common B vitamins need to be converted by the liver into a form that the body can use and many people are not efficient at this conversion process. The B vitamins in Cortisol Stress Support are already in those bioactive forms, so they can get to work regardless of conversion status, supporting daily energy, healthy metabolism, healthy blood sugar levels, and positive mood.*^{†^}

Vitamin C: There's no doubt that your patients ordinarily think of vitamin C as an immune-supporting nutrient, and they would be right. But this vitamin is also required by the adrenal glands to function properly. During stressful situations, vitamin C can be used up rapidly by the body, so getting a consistent amount of this vitamin is critical for supporting healthy cortisol levels.**

Dehydroepiandrosterone (DHEA) is naturally produced in the adrenal glands and helps keep cortisol levels in balance.[†] Supplemental sources of DHEA have been shown to enhance daily energy, focus, libido, and vitality.*

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Frequently Asked Questions for Cortisol Stress Support**^

Q. Is it true that many prescription drugs deplete the body of B vitamins?

A. Yes, many prescription drugs deplete B vitamins from the body, including birth control pills, certain diabetes, epilepsy, blood pressure and ulcer medications, steroids, and antibiotics. Even over-the-counter pain relievers, like ibuprofen, can affect levels of B vitamins. That's why individuals using these kinds of drugs must be especially vigilant about making sure they are getting enough B vitamins in their most biologically active forms.

Q. Why is the dosage different for men and women?

A. Researchers have noted that men may need somewhat higher levels of DHEA for cortisol balance than do women, so the dosage recommendations reflect that observation.*

What to Pair with Cortisol Stress Support**^

AnxioCalm®

Provides clinically studied botanical support that can significantly help relieve feelings of occasional anxiety and tension.*

Ashwagandha Complex

Delivers clinically studied ashwagandha and rhodiola to support mental and physical resilience and help you get through your day with ease.*



Simply hold your smartphone camera over the code to learn more.