

RELORA®

Minimizes Stress-Induced Eating



It's no secret that we tend to eat more when we are under stress—and stress is rampant in today's society. Recent studies associate stress-related overeating with release by the adrenal gland of the hormone, cortisol. New, all-natural RELORA herbal blend, which has been shown to normalize cortisol levels, may help minimize weight gain associated with emotional overeating when used as part of a healthy diet and exercise plan.

RELORA features magnolia bark and phellodendrum, two botanicals that have been used in traditional Chinese herbalism for more than 1,500 years.



SOURCE NATURALS®

Strategies for WellnessSM

Stress and Overeating

Stress is ever-present in our society. When confronted with stressful situations, our bodies undergo what is commonly known as the “fight or flight” response. A series of physiological reactions is initiated, which begins with the secretion by the adrenal glands of stress-specific hormones, including cortisol.

The “fight or flight” reaction was invaluable during prehistoric times, but is not as useful today, when the same stress-related biochemical changes leave us powered up for intense action, with no appropriate outlet. High or chronic levels of circulating stress chemicals can cumulatively affect our body systems—sometimes with negative results.

Recent studies indicate that overeating is associated with high cortisol levels induced by stress.

All-Natural Herbal Blend

RELORA contains a proprietary blend of patent-pending extracts from magnolia bark, *Magnolia officinalis*, and phellodendrum bark, *Phellodendrum amurense*. Both of these barks have been used for centuries by Chinese herbalists for a variety of conditions.

Recent research by Next Pharmaceuticals, Inc., the developer of RELORA, has shown that these patent-pending extracts have excellent stress-reducing properties and can normalize cortisol levels in stressed individuals. Animal studies have shown that the natural plant extracts in

RELORA can safely lower stress levels without causing sedation. In human studies, 8 out of 10 stressed individuals felt more relaxed with RELORA.

Part of a Healthy Lifestyle

Source Naturals RELORA can help you deal with stress-related overeating when taken in conjunction with a healthy diet and regular exercise program. RELORA is available in 250 mg tablets.

Relora is a registered trademark of Next Pharmaceuticals.



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The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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