

Relora®

Promotes satiety and moderates occasional stress[†]

INDICATIONS

- Ages 18 and up
- Occasional stress and muscle tension[†]
- Healthy eating behavior[†]

BENEFITS

- Helps moderate occasional stress[†]
- Promotes relaxation[†]
- Helps support healthful eating habits and moderate appetite and snack cravings[†]
- Promotes emotional well-being[†]

FEATURES

- A proprietary blend of *Magnolia officinalis* and *Phellodendron amurense*
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Relora® is a proprietary blend of *Magnolia officinalis* and *Phellodendron amurense*. This clinically studied combination of extracts supports positive mood and helps to moderate everyday stress. It also promotes healthy eating behavior and muscle relaxation.¹ Certain magnolia and phellodendron constituents may bind to GABA receptors and serotonin transporters in the central nervous system, which encourage feelings of satiety and relaxation.^{2,3} A pilot clinical trial reported that Relora® was well tolerated in promoting emotional well-being.⁴ A follow-up trial reported similar results, additionally showing that Relora® may help diminish stress-related sugary snack cravings and promote healthful eating habits.⁵ An animal study further demonstrated the supplement's ability to support mood and relaxation.⁶ A recent pilot clinical trial performed in Cincinnati, Ohio, suggested that magnolia and phellodendron helped to maintain healthy cortisol and DHEA production and metabolism, which helped support healthy body-fat distribution.^{7†}

SUGGESTED USE

As a dietary supplement, take 1 capsule, 2 times daily, with or between meals.

STORAGE

Store in a cool, dry place.

WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medication, consult your health professional before use. Do not use concurrently with antidepressants.

SOURCE

- Relora® is a proprietary blend of *Magnolia officinalis* (bark) and *Phellodendron amurense* (bark). Relora® is a trademark of Next Pharmaceuticals, Inc. U.S. Patent No. 6,582,735
- Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil
- Hypo-allergenic plant fiber is derived from pine cellulose

NOTES

Size 2 caps

Bottle count 60, 180

Order codes RL6, RL1

Bottle sizes 120 cc, 190 cc

REFERENCES

1. Kalman DS, et al. *Nutr J*. 2008 Apr 21;7:11.
2. Garrison R, et al. *Altern Ther Health Med*. 2006 Jan-Feb;12(1):50-4.
3. Chen CR, et al. *Neuropharmacology*. 2012 Nov;63(6):1191-9.
4. Talbott SM, et al. *J Int Soc Sports Nutr*. 2013 Aug 7;10(1):37.
5. Unpublished clinical trial on Relora® treating stressed-induced overeating.
6. Sufka KJ, et al. *Psychopharmacology (Berl)*. 2001 Jan 1;153(2):219-24.
7. LaValle J, et al. *Living Longer Clinic*, Cincinnati, Ohio. 2001.

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SUPPLEMENT FACTS

1 capsule, 2 times daily, with or between meals.

Each (size 2) vegetarian capsule contains:

Relora® 250 mg
proprietary patented blend of:
magnolia (*Magnolia officinalis*) extract (bark) and phellodendron
(*Phellodendron amurense*) extract (bark)

Other ingredients: vegetarian capsule (cellulose, water), modified food
and corn starch, hypoallergenic plant fiber (cellulose), ascorbyl palmitate,
silicon dioxide

Relora® & logo are trademarks of Lonza or its affiliates. Relora® brand
Magnolia officinalis and *Phellodendron amurense*.

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with antidepressants.



Relora®	Quantity	Order Code
	180	RL1
	60	RL6

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[‡]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.