

EndoAxis

Formula 16

ALARM PHASE

Adaptogenic blend to target excitatory adrenal patterns.

AT A GLANCE

Stress is a ubiquitous part of our lives. Stress serves a purpose – it supports cellular regeneration of dysfunctional cells, improves cellular resiliency, and attempts to ensure our cellular survival in times of famine, illness, or injury.

However, how our body responds to stress and the way in which we experience stress in the 21st century are at odds with one another and can lead to adrenal dysfunction – both in the way we circulate and metabolize cortisol, as well as in the way we respond to and regulate our stress response through the HPA axis.

Adrenal dysfunction can manifest in several stages, depending on the underlying cause and severity of the condition. In a healthy individual, our hypothalamus will generate CRH in response to a stress signal. CRH triggers our pituitary to generate ACTH. ACTH acts as a “knock” on the adrenal glands, triggering production within the adrenal cortex to produce DHEA (from the zona reticularis), Cortisol (from the zona fasciculata) and Aldosterone (from the zona glomerulosa). ACTH also triggers production of Norepinephrine from the adrenal medulla.

One daily, universal stress is sunlight. For a healthy individual, as the sun begins to rise, our cortisol (as well as DHEA, aldosterone and Norepinephrine) will experience a sharp rise in production, allowing us to wake up, get out of bed and become active[1]. These stress signals then recover as the day progresses, reaching their lowest levels at night – this is called the Diurnal Rhythm. This formulation targets the impact and feedback of high cortisol in the body.

During times of heightened stress, cortisol can begin to surge at aberrant times, especially at night[2]. When cortisol is elevated, the action on the body is to increase sugar, suppress the immune system, and increase clotting factors and blood pressure. Prolonged cortisol elevations can lead to insulin resistance, increase the risk for developing metabolic syndrome, increase pain response, decrease sleep, impact mood and augment weight[3][4].

When addressing high cortisol, the goals are to reduce the stress response, calm the nervous system, reduce oxidative stress to the immune system from prolonged high catecholamines, and reduce the cellular and metabolic influences of high cortisol.



KEY BENEFITS



Focused attention on repairing the cellular damage that occurs from high cortisol exposure



Targeted support to reduce inflammation, a primary drive to high cortisol



Calming adaptogenic herbs blended to support the HPA stress signal

FORMULA ANALYSIS

Relora™

Relora is a trademarked combination of two tree barks, *Magnolia officinalis* and *Phellodendron amurense*, used to reduce cortisol, calm the mind, and mitigate the response to chronic stress.[5] Relora is proposed to lower cortisol levels through several mechanisms. *Magnolia officinalis* extract contains honokiol and magnolol, which are believed to modulate the release of cortisol by affecting the HPA (hypothalamic-pituitary-adrenal) axis. *Phellodendron amurense* extract is thought to exert an anxiolytic effect, potentially reducing stress-related cortisol secretion.[6]

Bacopa monnieri

Bacopa is an Ayurvedic herb used historically to treat inflammation, memory loss and even epilepsy. *Bacopa* contains active compounds, including bacosides, that are believed to modulate the activity of the hypothalamic-pituitary-adrenal (HPA) axis, resulting in reduced cortisol secretion[7]. Additionally, *Bacopa* exhibits adaptogenic properties, which may help the body better cope with stress. *Bacopa* also reduces the oxidative stress in the nervous system associated with prolonged cortisol states by increasing brain levels of neuroprotective antioxidants like glutathione and vitamin C[8], and is associated with improved focus, cognition, and mood[9].

Berberine

When cortisol metabolism is high, it demonstrates a high cellular response to cortisol throughout the day of testing. High cellular cortisol is associated with weight gain, insulin resistance, and metabolic syndrome. Studies suggest that berberine supplementation may lead to a reduction in cortisol levels, particularly in individuals with elevated stress or metabolic disorders through reduction in the inflammation associated with high cortisol output[10]. Additionally, berberine has been shown to improve insulin sensitivity and reduce inflammation, which are often associated with high cortisol levels[11].

Phosphatidylserine

Phosphatidylserine's (PS) mechanisms of action in cortisol modulation are multifaceted. It is believed to influence the hypothalamic-pituitary-adrenal (HPA) axis, potentially reducing cortisol secretion. Additionally, PS has been shown to enhance the sensitivity of cortisol receptors, facilitating the body's response to stress signals, with multiple studies reporting reductions in cortisol levels and improvements in stress-related symptoms, such as mood and cognitive function, with PS supplementation[12] [13].

Meet Optimize

Products blended to support alignment to our HPA axis. Optimizing our circadian activity and adrenal balance.



Scan to view all formulas.

SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin C (as calcium L-ascorbate dihydrate)	100 mg	111%
Vitamin B ₆ (as pyridoxal 5-phosphate)	10 mg	588%
Pantothenic Acid (Vitamin B ₅) (as Calcium d-Pantothenate)	15 mg	300%
Magnesium (as magnesium taurate, magnesium malate and magnesium glycinate)	14.9 mg	4%
Chromium (as chromium polynicotinate)	2.5 mcg	7%
Holy Basil (leaf) (standardized to 2.5% Ursolic Acid) extract	150 mg	†
Bacopa (<i>Bacopa monnieri</i>) (whole plant) (standardized to 20% bacosides) extract	150 mg	†
Berberine [as Berberine Hydrochloride (from Indian Barberry) (<i>Berberis aristata</i>) (bark)]	115.8 mg	†
Myoinositol	100 mg	†
Phosphatidylserine (as Sunflower (<i>Helianthus annuus</i>) (seed) extract)	50 mg	†
Relora® (Proprietary Blend of <i>Magnolia officinalis</i> and <i>Phellodendron amurense</i>) Magnolia Bark (<i>Magnolia officinalis</i>) (bark) extract Phellodendron (<i>Phellodendron amurense</i>) (bark) extract	100 mg	†
Ashwagandha (<i>Withania somnifera</i>) extract	100 mg	†
German Chamomile (<i>Matricaria recutita</i>) (flower) extract	50 mg	†
Taurine	50 mg	†

† Daily Value not established

Other ingredients: Vegetable capsule (hypromellose), microcrystalline cellulose, and magnesium stearate.

SUGGESTED USE

Take 2 capsules 2 times a day with a meal or as directed by your healthcare practitioner.

CAUTION: Do not use if pregnant or nursing. Consult your physician before use if you have a medical condition, or taking any medication. Do not use product if the safety seal is broken or damaged. Keep out of reach of children.

MADE WITHOUT

Wheat or soy.

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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