

# Optimal Cort-Adrena™

## CORT-ADRENA™

If you are feeling sluggish and dependent on stimulants to maintain energy, going through a bottle of Optimal Cort-Adrena™ may be all you need to lower cortisol levels, reset your adrenal glands, and maintain abundant energy throughout the day.

### QUICK FACTS

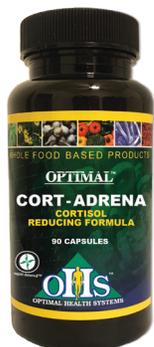
- Supports adrenal glands and reduces cortisol.
- Contains key ingredients magnesium, zinc, selenium, chromium, turmeric, and more.
- Also contains panax ginseng, an ancient "king of herbs."

### EXTRA INFO

*When cortisol levels remain too high for too long:*

- Breakdown of muscle and/or bone tissue.
- Impaired mental function.
- Digestive problems.
- Weakened immune system.
- Sluggish endocrine function.
- Adrenal fatigue.
- Impeded cellular healing.

*"After only a few days I could definitely feel increased stamina from taking OHS Optimal Cort-Adrena."*  
S. Ellison



## OPTIMAL - Cort-Adrena™

### WHY THIS SUPPLEMENT?

Your doctor has placed you in good hands. Optimal Health Systems cares about patients, too, which is why we create supplements that contain nutrients ONLY from whole foods. Because of this, you won't have the same concerns as with synthetics. They are lab-tested and have a wealth of evidence to back our claims, along with patents.

### WHAT SETS US APART?

There are plenty of whole food supplements out there, but only Optimal Health Systems takes it a step further with its patented predigestion process we call **Opti-Blend™**. It utilizes a combination of 10 kosher-certified, non-GMO enzymes, and patented organic minerals to predigest every nutrient before encapsulating. **Opti-Blend™** ensures delivery at the cellular level and up to a 300% increase in absorption.

### Supplement Facts

Serving Size: 2 Capsules      Servings Per Container 45

Amount Per Serving	% Daily Value
<b>Vitamin C</b> (from acerola cherry)	18 mg 20%
<b>Magnesium</b> (as Patented Organic Magnesium Bisglycinate and Magnesium Glycinate Glutamine)†	25 mg 6%
<b>Zinc</b> (as Zinc Bisglycinate)†	10 mg 91%
<b>Selenium</b> (as Selenium Glycinate Complex)†	20 mcg 36%
<b>Copper</b> (as Copper Bisglycinate)†	25 mcg 3%
<b>Manganese</b> (as Manganese Bisglycinate)†	10 mcg <1%
<b>Chromium</b> (Chromium Nicotinate Glycinate)†	40 mcg 114%
<b>Phosphatidylcholine</b> (from soy lecithin)	200 mg *
<b>Ashwagandha Extract</b> (Withania Somnifera)	130 mg *
<b>Ginseng</b> (Panax) (root)	75 mg *
<b>Licorice</b> (deglycerinated) (root)	30 mg *
<b>Rhodiola Crenulata Extract</b> (Root)	20 mg *
<b>Holy Basil</b>	20 mg *
<b>L-Tyrosine</b>	15 mg *
<b>Curcuminoids</b> (Turmeric root extract 95%)	10 mg *
<b>Magnesium Glycyl Glutamine</b>	12 mg *
<b>Opti-Blend™ Delivery System</b> Amylase, Protease I, Protease II, Peptizyme SP™, Lipase, Invertase, Maltase, Cellulase, Lactase, Phytase and Molasses.	10 mg *

\*Daily Value not established.

Other ingredients: Rice Complex, Plant-Based Magnesium Stearate. Vegetable capsule (plant cellulose and water).

**Recommended use:** As a dietary supplement, take 1 capsule three times daily with meals.



90 Capsules



This product is available at:



Where Health Comes Naturally

OptimalHealthSystems.com – 800-890-4547

Statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.