CortiX™ was scientifically formulated to deliver comprehensive and superior quality nutritional support for healthy cortisol levels. CortiX™’s advanced formula includes Ashwagandha extract (root), Phosphatidylserine (PS), Bacopa monnieri extract (leaf), Rhodiola rosea extract (root), L-Theanine and Gamma-aminobutyric acid (GABA). The CortiX™ formula was designed to promote optimization of cortisol function and homeostasis for effective weight management and stress defense.

Cortisol is a hormone produced by the human adrenal glands in response to stress. Intra-abdominal adipocytes (fat cells) also produce cortisol and this hormone directly affects fat storage and weight gain. Cortisol influences major energy metabolic pathways from carbohydrates, proteins and fats and also plays a role in regulating electrolyte (salt) balance within the body. Recent scientific evidence suggests high cortisol levels are associated with disruptive food cues in response to stress, overeating and abdominal obesity.

Ashwagandha (Withania somnifera) is a highly revered herb used in Indian Ayurvedic systems. Ashwagandha, containing bioactive withanolides, functions as an adaptogenic herb and has been used for centuries providing multi-functional support for promoting general mental and physical wellness. Bacopa monnieri, a traditional Ayurvedic herb, containing the major bioactive bacosides has been used for centuries to support the nervous system, manage stress and promote relaxation. Phosphatidylserine (PS) is a fat-soluble phospholipid and found in all cell membranes of the human body. Phosphatidylserine is the most abundant phospholipid in the human brain. Phosphatidylserine plays a vital role in a multitude of processes throughout the body, including the health of the brain and nervous system, the integrity of cell membranes and the formation of other important phospholipids. Recently published scientific evidence has shown that PS supplementation attenuates serum cortisol levels in response to acute stress. Rhodiola rosea contains rosavins that act to balance cortisol function and modulate the effects of physical and emotional stress. L-Theanine is a unique amino acid and a natural constituent found in green tea. L-Theanine has been shown to significantly increase alpha wave production in the brain, an indication of calming and relaxation. Gamma-aminobutyric acid (GABA) is a naturally occurring non-essential amino acid and one of the most important and widespread neurotransmitters in the brain. GABA is the primary inhibitory neurotransmitter and is the brain’s “natural calming agent”. GABA modulates the effects of daily stress, cortisol levels and can effectively elevate mood.

CortiX™ is an advanced and science-based formula from MMSN delivering comprehensive superior quality nutritional support for healthy cortisol hormone function. CortiX™ was designed to reset cortisol homeostasis and promote optimization as an effective weight management and stress defense modulator.

**KEY FEATURES**

- Optimal Support for Healthy Cortisol Levels†
- Effective for Weight Management†
- Powerful Stress Defense Modulator†

**KEY MESSAGES**

- Science-based formula delivering comprehensive nutritional support for healthy cortisol hormone function.†
- Designed to promote optimization of cortisol function and homeostasis for effective weight management and stress defense.†
- Advanced formula includes Ashwagandha extract (root), Phosphatidylserine (PS), Bacopa monnieri extract (leaf), Rhodiola rosea extract (root), L-Theanine and Gamma-aminobutyric acid (GABA).†
- Ashwagandha is a highly revered herb used in Indian Ayurvedic systems. Ashwagandha, containing bioactive withanolides, functions as an adaptogenic herb and has been used for centuries providing multi-functional support for promoting general mental and physical wellness.†
- Bacopa monnieri, a traditional Ayurvedic herb, contains the major bioactive bacosides and has been used for centuries to support the nervous system, manage stress and promote relaxation.†
- Phosphatidylserine (PS) is a fat-soluble phospholipid and is the most abundant phospholipid in the human brain. Recently published scientific evidence has shown that PS supplementation attenuates serum cortisol levels in response to acute stress.†
- Rhodiola rosea contains rosavins that act to balance cortisol function and modulate the effects of physical and emotional stress.†
- L-Theanine is a unique amino acid and a natural constituent found in green tea. L-Theanine has been shown to significantly increase alpha wave production in the brain, an indication of calming and relaxation.†

(cont’d on p.2)

† 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.
**TARGET MARKET**

Primary: Adult athletes and non-athletes seeking a scientifically-advanced cortisol blocker for effective weight management and stress modulation.

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**PRODUCT DATA SHEET**

**Supplement Facts**

**Serving Size:** 2 Capsules  
**Servings Per Container:** 30

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% DV*</th>
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<tbody>
<tr>
<td>Magnesium (as citrate)</td>
<td>50 mg</td>
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</tbody>
</table>

**Proprietary CortiX™ Blend:**

Ashwagandha extract (root), Phosphatidylserine, Bacopa monnieri extract (leaf), Rhodiola rosea extract (root), L-Theanine, Gamma-aminobutyric acid (GABA)

*Percent Daily Values are based on a 2000 calorie diet.**

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**RECOMMENDED STACK**

- MTX
- 2TX
- LTox
- CNS Black

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**KEY REFERENCES**


12. Tryon MS, Carter CS, Decant R, Laugero KD. Chronic stress exposure may affect the brain’s response to high calorie food cues and predispose to obesogenic eating habits. Physiol Behav. 2013;120C:233-242.


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**KEY MESSAGES**

- Gamma-aminobutyric Acid (GABA) is a naturally occurring non-essential amino acid and one of the most important and widespread neurotransmitters in the brain. GABA is the primary inhibitory neurotransmitter and is the brain’s “natural calming agent”.* GABA modulates the effects of daily stress, cortisol levels and can effectively elevate mood.*

- Convenient and easy-to-swallow capsules.

**DIRECTIONS:** As a dietary supplement, take two (2) capsules daily with or without food.

**OTHER INGREDIENTS:** Magnesium Stearate, Rice Powder, Silicon Dioxide, Gelatin Capsule.

**CONTAINS:** Soy

Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soybeans.

**WARNING:** NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician before starting any diet and exercise program and before using this product. Do not take this product if you have a medical condition. Discontinue use and call a physician or licensed health care professional immediately if you experience unexpected side effects. If taking prescription medications, consult a licensed health care professional prior to use.

**KEEP OUT OF REACH OF CHILDREN.**

STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT. ALWAYS KEEP TIGHTLY SEALED.

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1 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.