



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



Relora®

What Is It?

Relora® is a natural, proprietary blend of *Magnolia officinalis* and *Phellodendron amurense*. This synergistic combination of extracts helps promote positive mood and moderates occasional stress, in addition to supporting satiety and healthful eating.*

Uses For Relora®

Support For Carbohydrate Cravings: The magnolia and phellodendron fractions help abate emotionally linked food cravings due to their concurrent binding affinities to key central nervous system receptors, including those for GABA and the serotonin transporter, which encourages feelings of satiety and relaxation. In one trial, supplementing with Relora helped diminish stress-related sugary snack cravings and promoted healthful eating habits. Furthermore, 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.*

Emotional Well-Being And Stress Moderation: A pilot clinical trial reported that Relora helped promote emotional well being, muscle relaxation and moderated occasional stress, without causing sedation and was well tolerated. A follow-up trial reported similar results. An animal study further demonstrated the supplement's ability to support mood and relaxation.*

What Is The 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.

Recommendations

Pure Encapsulations recommends 3 capsules per day, in divided doses, with or between meals.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women.

Are There Any Potential Drug Interactions?

Do not take if currently taking any prescription medication or receiving medical treatment without consulting your physician.

Relora®

each vegetable capsule contains



Relora®.....	250 mg.
proprietary blend of patented extracts from:	
Magnolia officinalis (bark) and Phellodendron amurense (bark)	
vitamin C (as ascorbyl palmitate).....	5 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
other ingredients: modified food and corn starch, silicon dioxide	
3 capsules per day, in divided doses, with or between meals.	

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

For educational purposes only. Consult your physician for any health problems.