

Optimal Cort-Adrena

Why This Supplement?



Optimal Cort-Adrena offers a holistic solution, nourishing adrenal glands with bioavailable ingredients like ashwagandha and Panax ginseng. It supports stress response, promoting sustained energy without artificial stimulation.

A science-backed formula for adrenal health and vitality.

What Sets Us Apart?

Just like your Health Professional, Optimal Health Systems cares about patients, which is why we exclusively create supplements with nutrients derived from whole foods—not cheap, synthetic alternatives. Rest easy, knowing you're getting the best nutrition possible.

The Results

Experience improved energy levels, reduced stress, and enhanced resilience against adrenal fatigue. Optimal Cort-Adrena's bioavailable ingredients balance cortisol levels, supporting overall well-being and vitality in the face of stressors. Targeting high cortisol levels, Cort-Adrena prevents burnout, mental impairment, and weak immunity, ensuring optimal nutrient absorption for stress resilience.

Quick Facts!

- Cort-Adrena supports adrenals with whole foods, avoiding artificial stimulation, ensuring safe, effective nourishment for gland health.
- Packed with ashwagandha, panax ginseng, and organic magnesium, Cort-Adrena lowers cortisol, supports adrenals, and provides sustained energy.



Dosing

Take 2 capsules 3 times daily with each meal or as directed.

Supplement Facts

Serving Size: 2 Capsules	Servings Per Container 45	
Amount Per Serving	% Daily Value	
Vitamin C (from acerola cherry extract)	18 mg	20%
Magnesium (as Magnesium Bisglycinate Chelate Buffered & Magnesium Glycinate Glutamine Chelate)†	26 mg	6%
Zinc (as Zinc Bisglycinate Chelate)†	10 mg	91%
Selenium (as Selenium Glycinate)†	20 mcg	36%
Copper (as Copper Gluconate)†	26 mcg	3%
Chromium (Chromium Nicotinate Glycinate Chelate)†	40 mcg	114%
Ashwagandha Extract (Withania Somnifera)	130 mg	*
Broccoli Extract (Brassica oleracea)	80 mg	*
Boron (as Bororganic glycine)	6 mg	*
Licorice Root DGL (Glycyrrhiza glabra)	30 mg	*
Holy Basil (Ocimum tenuiflorum)	20 mg	*
Rhodiola Crenulata Extract (root)	20 mg	*
L-Tyrosine	15 mg	*
Curcuminoids (Turmeric root extract)	10 mg	*
Opti-Blend™ Delivery System Amylase, Proteases, Serratiopeptidase, Lipase, Invertase, Cellulase, Lactase, Diastase, Phytase.	5 mg	*
Molasses	5 mg	*

*Daily Value not established.

Other ingredients: Rice Flour (Oryza sativa), Hypromellose (Vegetable Capsule), Rice Hulls (Oryza sativa), Plant-Based Magnesium Stearate, Manganese Bisglycinate Chelate†.

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

For full details and latest supplement facts, visit:
www.ohs4life.com/ca