

# Stress Defence

A blend of ashwagandha, magnesium and core adrenal nutrients to support the resistance phase of the stress response, including symptoms of fatigue, sleeplessness, irritability and poor concentration.

Each capsule contains:

Magnesium TRAACS™ Magnesium bis-glycinate chelate buffered (magnesium bis-glycinate chelate, magnesium oxide)*	80mg
Sensoril® Ashwagandha ( <i>Withania somnifera</i> ) root, 5:1 , 32% withania oligosaccharides, 0.5% withaferin A, 10% withanolide glycosides***	41.6mg
Vitamin C (ascorbic acid)	50mg
Vitamin B5 (Pantesin®)**	33.3mg
Vitamin B6 (pyridoxal-5-phosphate)	25mg

90 vegetable capsules



\*Mineral chelate supplied by Albion Laboratories, Inc. TRAACS™ and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc. Chelate covered by U.S. Patent 7,838,042.



\*\*is a registered trademark of Kyowa Pharma Chemical Co., Ltd.



\*\*\*Sensoril® is a registered trademark of Natreon, Inc

Vegan. GMO, gluten, soy and dairy free.



The human stress response is believed to follow a predictable path: first the alarm stage, followed by the resistance stage and finally the exhaustion stage. If stress is chronic and unmanaged, the body can only withstand or 'resist' ongoing stress for so long before it is no longer able to adapt and systems fail. Unfortunately, the modern world often doesn't allow for escape from common and complex stressors such as finances or relationships. Instead, we must find ways to support the body and defend against the detrimental health effects of these ongoing stressors. **Stress Defence** by Cyto-Matrix is designed to support individuals in the "resistance" stage of stress, lowering cortisol and improving symptoms such as fatigue, sleeplessness, irritability and poor concentration.

*Withania somnifera*, more commonly known as ashwagandha, is a traditional

adaptogenic herb used to support the body in times of stress. This herb has been used for centuries for a wide array of stress-related ailments. Modern research has shown that it can modulate the stress response by lowering blood cortisol levels and increasing quality of life scores in adults with chronic stress.

Sensoril® ashwagandha is a patented and well-studied extract with a dozen clinical trials to support multiple aspects of human health and the stress response. Specifically, it has been shown to increase energy, reduce cortisol levels, suppress food cravings, improve cognition, improve athletic performance and reduce exercise recovery time. Individuals taking Sensoril® find subjective improvements in stress management by reporting less irritability, improved concentration and reduced fatigue. Sensoril also has evidence to show

## Key points

- Designed to support individuals in stage 2 of the adrenal stress response (also known as the resistance stage) and improve subjective markers of stress such as irritability, inability to concentrate, forgetfulness, sleeplessness and fatigue
- Contains Sensoril® ashwagandha, a patented and well-studied form of *Withania somnifera*, shown to increase energy, reduce cortisol levels, suppress food cravings, improve athletic performance and reduce exercise recovery time
- Core adrenal nutrients, including magnesium and vitamins B5, B6 and C, in their bioavailable forms to support cortisol regulation and adrenal gland function epithelial barrier function



that it can reduce inflammation, as per high-sensitivity C-reactive protein measurements, and reduce joint pain in those with knee discomfort. It is standardized to 3 bioactive ingredients, withanolide glycosides, withaferin A and oligosaccharides, to ensure consistent quality and results.

While adaptogenic herbs like ashwagandha are beneficial for regulating stress hormone production, the adrenal glands still require core nutrients to function properly. Specifically, vitamins B5 and B6 aid neurotransmitter production, improve adrenal function and modulate cortisol levels. Vitamin B5 down-regulates the excess production of cortisol while vitamin B6 is a necessary cofactor for the production of important mood-balancing chemicals such as GABA and serotonin. Vitamin C, although

classically thought of for its role in regulating immunity and cardiovascular function, is also an integral cofactor in the adrenal production of cortisol, dopamine and epinephrine. The adrenal glands actually contain one of the largest concentrations of vitamin C in the entire human body. Collectively, these three vitamins are crucial for regulating the stress response.

Finally, magnesium is considered a core mineral for regulating and resisting the effects of stress. Not only is magnesium necessary for maintaining proper nerve and muscle function, it is also needed to create cellular energy in the mitochondria and as a cofactor to build DNA, RNA and many proteins. Clinical trials and large-scale evidence has shown that magnesium can be helpful in cases of muscle tension, fatigue, insomnia, attention-deficit hyperactivity

disorder (ADHD), osteoporosis, migraines and more. Despite its vast importance, it is commonly deficient in the Canadian population due to poor diet, medication depletions and stress. Ironically, not only does increased stress exposure lead to a greater demand for magnesium but also a greater deficit.

**Stress Defence** by Cyto-Matrix contains the patented Sensoril® ashwagandha in addition to a balanced blend of these key adrenal supportive nutrients to protect the body from ongoing stress and its ill-effects. Vitamin B6 is found in its active pyridoxal-5-phosphate form while magnesium is delivered in its highly stable and bioavailable bis-glycinate form. Ultimately, these nutrient forms lead to greater absorption and tolerability in the body. **Stress Defence** is available in vegetarian capsules and is a vegan-friendly formula.

## Related products

Ashwagandha Matrix  
Adrenal-Matrix  
Bio-B Matrix LT  
Bio-B Matrix HP  
Cyto-Calm  
Cyto-Inositol  
Cyto Theanine  
GABA  
Greens Matrix  
Magnesium Sleep-Matrix  
Mushroom Matrix  
Relax Matrix  
Rhodiola Rosea Extract  
Thyroid Matrix

**Indications:** Helps reduce cortisol and C-reactive protein levels, the biomarkers of physical stress. Helps reduce the symptoms of stress, such as fatigue, sleeplessness, irritability, and inability to concentrate. Helps to maintain immune function, muscle function and electrolyte balance.

**Directions:** Adults - Take 3 capsules per day or as directed by a healthcare professional.

**Duration of use:** For use beyond 12 weeks, consult a healthcare professional.

**Non-Medicinal Ingredients:** Vegetable-grade magnesium stearate, microcrystalline cellulose, maltodextrin, citric acid, silica. Capsule: hypromellose.

**Warnings:** Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you are pregnant or breastfeeding. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Consumption with alcohol or products that cause drowsiness is not recommended. Consult a healthcare professional if symptoms persist or worsen.



193230



V1