



ADAPTOGEN TONIC+™

Ora Adaptogen Tonic+™ is a unique blend of adaptogenic herbs traditionally used in Western, Chinese and Ayurvedic Medicine to help your body deal with stress, and Affron®, a clinically trialled Saffron extract to help reduce the symptoms of mild anxiety.



Affron®
Crocus sativus



Eleutherococcus senticosus



Schisandra chinensis



Glycyrrhiza glabra



Withania somnifera



Activated
B complex

- ✓ Suitable for vegetarians and vegans
- ✓ 60 caps (1 month's supply)

ACTIVE INGREDIENTS	PER CAPSULE	PER DAY
Affron® <i>Crocus sativus</i> stigmas ext. equivalent dry stigmas	14 mg 42 mg	28 mg 84 mg
Organic <i>Eleutherococcus senticosus</i> root ext. dry equivalent	1500 mg	3000 mg
<i>Schisandra chinensis</i> fruit ext. dry equivalent	1000 mg	2000 mg
<i>Glycyrrhiza glabra</i> root ext. dry equivalent	1000 mg	2000 mg
<i>Withania somnifera</i> root ext. dry equivalent	1500 mg	3000 mg
Thiamine hydrochloride (Vitamin B1) Thiamine	25.40 mg 20.00 mg	50.80 mg 40.00 mg
Riboflavin (Vitamin B2)	10.00 mg	20.00 mg
Nicotinamide (Vitamin B3)	50.00 mg	100.00 mg
Calcium pantothenate Equiv. pantothenic acid	54.59 mg 50.00 mg	109.98 mg 100.00 mg
Pyridoxine hydrochloride (Vitamin B6) Equiv. Pyridoxine	10.00 mg 8.20mg	20.00 mg 16.40mg
Pyridoxal 5- phosphate (P5P, Active B6) Equiv. Pyridoxine	5.00 mg 3.19 mg	10.00 mg 6.38 mg
Mecobalmin (Co-methylcobalamin) (Active Vitamin B12)	100 mcg	200 mcg
Calcium folinate Equiv. Folic acid	220 mcg 200 mcg	440 mcg 400 mcg

Affron® is a registered trademark of Pharmactive Biotech Products.

Who This Is For

Ora Adaptogen Tonic+™ is recommended for adults seeking help with:

- Stress, particularly chronic stress
- Mild anxiety with or without fatigue
- Mood balance
- Physical and emotional exhaustion
- Restoring vitality
- Mental and physical fatigue related to stress

Co-creating wellness™

Ora recommends a holistic approach in combination with Ora Adaptogen Tonic+™. Try the following to enhance results:

- Whole food based diet
- Regular exercise
- Yoga (esp. Nidra)
- Meditation
- Spending time in nature
- Aromatherapy
- Caffeine-free beverages and herbal teas
- Raw chocolate treats
- Epsom salt baths

Combines well with:

- Ora Hormonal Balance™
- Ora Deep Sleep™



Traceable Ingredients

We take pride in selecting only the highest quality ingredients from all over the world and being transparent about the ingredients we use. The active ingredients in Ora Adaptogen Tonic+™ are sourced from:

Affron® *Crocus sativus* - 100% vertically integrated source of DNA certified saffron. Locally grown and hand harvested in the Castilla-La Mancha region in Spain. Extracted in Spain using a patented, low temperature Cool-Tech™ process by a facility with GMP, ISO 9001, 22000, 14001, Doping free, Halal and Kosher certifications.

Organic *Eleutherococcus senticosus* - Cultivated on farms in Helongjiang, China. Extracted in China at a FDA, HACCP, ISO9001-2015 facility which specialises in US-Organic, Kosher, Halal and non-GMO ingredients.

Schisandra chinensis - Cultivated on farms in Liaoning province, China. Extract in China at a state-of-the-art cGMP, ISO series, Kosher and Halal certified manufacturing facility.

Glycyrrhiza glabra - Cultivated on farms in the Himalayan, Himachal Pradesh and Punjab regions of India. Extracted in Sikandrabad city in India at a USFDA, GMP, ISO 9001, Halal and Kosher certified manufacturing facility.

Withania somnifera - Cultivated on farms in India. Extracted in the Minhang district of Shanghai, China, at an Australian privately-owned

and operated manufacturing facility with TGA/GMP, SFDA, NSF, ISO 2200 and Halal accreditations.

Vitamin B1 - Produced by the leading producer of vitamin B1 in the world at a pharma grade in a GMP facility in Hubei Province, China.

Quality of product matches the latest quality pharmacopoeias standards of China, US, UK, EP and JP.

Vitamin B2 - Produced in Hubei Province, China by a nationally-certified pharma GMP facility with quality certifications ISO 9001, ISO 22000, ISO 14001, HACCP, FAMI-QS.

Vitamin B3 - Produced in the Fuyang district of Hangzhou in China.

Vitamin B5 - Produced in Ludwigshafen, Germany, by one of the leading producers of vitamin B5 globally with product quality matching the EP, USP and FCC pharmacopoeial standards.

Vitamin B6 - Produced in Shanghai, China at an EU and China GMP certified, CEP and US FDA approved facility.

Active B6 - Produced in Shanghai, China at a FSSC 22000, ISO 9001, Kosher, Halal, facility specialising in P5P manufacture.

Active B12 - Produced in Hubei province, China at the largest specialist manufacturer of pharma grade B12 ingredients in the world.

Calcium folinate - produced in Lianyungang city, Jiangsu, China in a facility specialising in the production of folate derivatives with OHASAS 18001, ISO9001, ISO4001 certifications.

How We Make It

We have chosen to use the minimum amount of excipients during our manufacturing process..

Ora Adaptogen Tonic+™ contains the following added substances at < 82 mg input/capsule:

Microcrystalline cellulose, Colloidal anhydrous silica, and Vegan Leucine - added to aid the manufacturing process, enhance final product stability and support efficacy of the product.

Additional substances related to the capsule and individual ingredients, not added during the product manufacturing process:

Vegetarian Capsule excipients: Hypromellose, water.

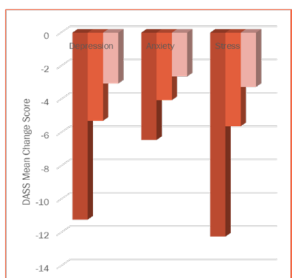
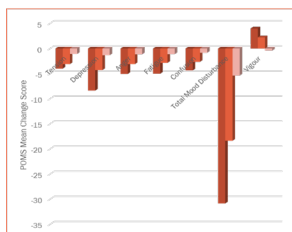
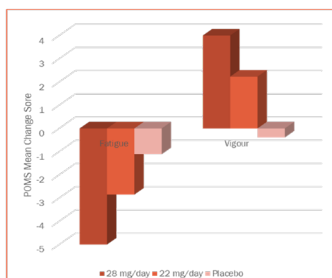
No added yeast, soy, added sugars, lactose, gluten, artificial colourings, dairy, or animal products.

Find Out More

Crocus sativus

Ora Adaptogen Tonic+™ contains Affron® the clinically trialled, standardised extract from *Crocus sativus* (Saffron) stigmas. When taken at two capsules per day the product provides the clinically trialled dose of 28 mg.

In a 4-week clinical trial in Australian adults, Affron® dosed at 28 mg/day increased mood, reduced anxiety, and managed stress without side effects.



Eleutherococcus senticosus - has traditionally been used in Western Herbal Medicine as an adaptogen and adrenocortical restorative tonic to aid recovery from convalescence and exhaustion. Siberian ginseng has been used traditionally to help improve mental and physical performance after periods of mental and/or physical exertion.

Schisandra chinensis - has been a primary medicinal ingredient of Chinese Herbal Medicine since ancient times. In Traditional Chinese Medicine, Schisandra has been used primarily as an astringent tonic for the lungs and kidneys, to arrest mucous discharges, alleviate spontaneous sweating and night sweats, to relieve coughs, fortify Qi and decrease fatigue. Investigations into its pharmacological actions indicate that Schisandra possesses hepatoprotectant and adaptogenic activity; enhances the hepatic glutathione antioxidant system; decreases fatigue, increases work capacity, and accelerates recovery after exercise in athletes.

Withania somnifera - (Ashwagandha) has traditionally been used in Ayurvedic Medicine as an adaptogen to help the body to adapt to stress. Ashwagandha has been used traditionally in convalescence for people who are stressed and both physically and emotionally exhausted. It is considered a non-stimulating tonic allowing for the restoration of vitality.

Find Out More (cont)

Also known as Indian ginseng in Ayurvedic Medicine, it is classified as a '*rasayana*' and used to promote physical and mental health and improve vitality and longevity. Classically, Ashwagandha is described as reducing *kapha* and *vata* and increasing *pitta*. Ashwagandha is said to nurture and clear the mind, calm, and strengthen the nerves and promote a sound and restful sleep. It is considered a specific tonic for the elderly and those convalescing from chronic illness.

B Vitamins

Vitamin B1 – Plays an important role in neurotransmitter production, neurotransmission and nerve conduction. A deficiency of B1 impedes the brain's ability to utilise glucose for energy. The subsequent manifestations include mental depression, anxiety, irritability, and poor concentration. Plays a vital role in the conversion of blood sugar (glucose) to energy in the Krebs cycle.

Vitamin B2 – Plays a vital role in the conversion of carbohydrates to ATP in the production of energy. Involved in the electron transport chain and consequently in the synthesis of adenosine triphosphate (ATP), the body's main storage form of energy.

Vitamin B3 – All tissues in the body convert absorbed Niacin into its metabolically active form, the coenzyme nicotinamide adenine dinucleotide (NAD). NAD is primarily involved in the catabolic reactions that transfer the potential energy in carbohydrates, fats and proteins to adenosine triphosphate (ATP), the cell's primary energy currency.

Vitamin B5 – Enhances the release of energy from carbohydrates. Required for synthesis of adrenal steroid hormones. Essential in controlling stress and the ability to cope with stressful events due to its involvement in the synthesis of the neurotransmitter acetylcholine.

Plays an important role in adrenal function and as CoA, is needed for the proper adrenal cortex function and the synthesis of steroid hormones, namely cortisone. Required for the synthesis of fatty acids, including sphingolipids which are a component of myelin sheath that enhances nerve transmission.

Vitamin B6 – A water-soluble B-vitamin that functions as a cofactor in more than 100 enzyme reactions. Required for the production of neurotransmitters derived from amino acids such as serotonin, gamma amino butyric acid (GABA), adrenaline, noradrenaline, norepinephrine, acetylcholine and histamine. It is a cofactor for the enzyme 5-hydroxytryptophan decarboxylase, which is involved in the conversion of tryptophan to serotonin and tyrosine carboxylase that converts tyrosine to dopamine. Deficiency states are therefore associated with alterations to mood. Vitamin B6 also facilitates the conversion of glycogen to glucose for energy production. Pyridoxal 5' phosphate (PLP) is the active coenzyme form of B6.

Vitamin B12 – Essential for the normal function of all cells. Required for the synthesis of myelin, the insulation around nerves. It plays a major role in the functioning and maintenance of the nervous system and is required for neurological function.

Calcium folinate (Folnic acid) – An active form of folic acid. One of the most important folate-dependent reactions is the conversion of homocysteine to methionine in the synthesis of S-adenosyl-methionine, an important methyl donor. Depression, anxiety, and fatigue may be signs of a folate deficiency.

Indications For Use

We acknowledge and celebrate the empirical knowledge gained through the elegant use of herbs in Chinese and Western Herbal traditions and the evaluation of minerals and vitamins through robust human clinical research in contemporary science.

Ora Adaptogen Tonic+™ contains Affron®, the clinically trialed *Crocus sativus* (Saffron) extract shown in human research to:

- Support healthy emotional/mood balance.
- Helps reduce the occurrence of and relieve symptoms of mild anxiety.
- Help to increase vitality.
- Relieve sense of weariness and fatigue.

Ora Adaptogen Tonic+™ includes key herbal adaptogens used in Traditional Chinese Medicine and Western Herbal Medicine practices to:

- Maintain and support general health and wellbeing.
- Enhance physical endurance and stamina.
- Support the nervous system and help the body adapt to stress.
- Support mental concentration and focus and reduce mental fatigue.

Ora Adaptogen Tonic+™ provides B vitamins to:

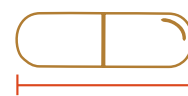
- Support energy production.
- Aid synthesis of neurotransmitters.
- Support nervous system and cardiovascular health.
- Support healthy immune system function and red blood cell health.

Directions For Use

Take 1 capsule twice daily or as recommended by your healthcare professional. Always read the label. Follow the directions for use. If symptoms persist, worsen, or change unexpectedly, talk to your healthcare professional.

Pack size: 60 vegan capsules
Product Code: ADATON60-ORA

Capsule Size



23.3 mm

Vegan



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