

Adaptogen

The adrenal glands manage the body's response to internal and external stressors.



A hectic and stressful lifestyle can contribute to the overstimulation of the adrenal glands, which causes the erratic release of cortisol, leading to an imbalanced DHEA-to-cortisol ratio as well as improper adrenocorticotropic hormone (ACTH) response.

This specially formulated blend of adaptogenic herbs helps to support adrenal function supporting a healthy stress response. Adaptogen herbs also act as endocrine tonics and potentially attenuating an immune response to self.

Adaptogen is comprised of a combination of herbs that help maintain stress tolerance and support healthy brain function, mental performance, and hormonal balance.

Formulation Features

- Promotes mental clarity and sharpness
- Supports a healthy immune and inflammatory response
- Formulated with 100% certified organic herbs
- Helps to preserve energy, vitality, and physical stamina

Formula

Each/Chaque vegi capsule contains:

Ashwagandha, root/racine (Withania somnifera), 0	175 mg
Eleuthero, root/racine (Eleutherococcus senticosus), 0	150 mg
Astragalus, root/racine (Astragalus membranaceus), 0	110 mg
Ashwagandha root/racine extract, 1.5% withanolides (Withania somnifera), 0	100 mg
Holy Basil, 0.5% volatile oil (Ocimum sanctum), 0	85 mg

0=Certified Organic

Non-Medicinal Ingredients: hypromellose vegi capsule

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95% of our herbs and herbal extracts are certified organic.

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Ashwagandha is one of the best and most widely known botanical adrenal tonics, which is used traditionally in India for exhaustion, emaciation, memory loss, muscle weakness, overwork and sleeplessness.

Research on standardized extracts of Ashwagandha indicate that it is able to attenuate the negative effects of stress. For example, it can balance elevated levels of the stress hormone cortisol. Various human studies include reports of increased energy, reduced fatigue, better sleep, and an enhanced sense of well-being.

In a double blind placebo controlled study, 64 subjects with a history of chronic stress were given 300 mg of a standardized extract of Ashwagandha twice daily for 60 days.

Assessment methods included the Perceived Stress Scale (PSS), which is the most commonly used psychological scale for assessing self perception of stress level and the General Health Questionnaire-28 which has four subsets including anxiety, insomnia, social dysfunction and anxiety stress scale (DASS).

Eleuthero (*Eleutherococcus senticosus*) Much of Eleuthero's actions are credited to the eleutherosides, which have anti-fatigue and adrenal balancing effects. In addition, Eleuthero contains immune polysaccharides which show significant immunostimulatory activities.

Astragalus (*Astragalus membranaceus*) Astragalus is a traditional energy and vitality tonic with a great deal of modern research showing numerous immune modulating mechanisms, as well as muscle and stamina support due to effects on muscle cells and mitochondria.

Supplementation

- One to three capsules twice a day or as directed by a healthcare practitioner. Can be taken with or without food.
- Monitor blood fasting lipid levels

Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

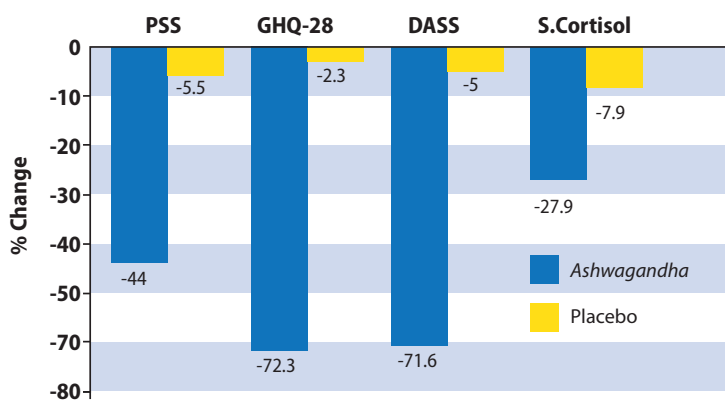
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Pharmacol. 2009 Sep; 4(3):198-219.

Chin Med J (Engl) 1990; 103:304-307.

Significant improvement in three separate scales of psychological well being and serum cortisol levels with Ashwagandha*



Percentage change from baseline in PSS, GHQ-28, DASS, Serum cortisol

*A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of ashwagandha root in reducing stress and anxiety in adults. Indian J Psychol Med. 2012 Jul; 34(3):255-62

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