

HPA ADAPT™

HPA ADAPT™ HELPS SUPPORT THE BODY IN TIMES OF STRESS.*

Powerful adaptogenic herbs are combined to improve mood, create calm, reduce stress-related fatigue, and support cognitive function.* By supporting homeostasis along the hypothalamic-pituitary-adrenal (HPA) axis, HPA Adapt™ helps maintain stress hormonal balance and a healthy stress response.*

OPTIMIZING HPA AXIS FUNCTION

The body has a built-in system known as the hypothalamic-pituitary-adrenal (HPA) axis. The HPA axis helps maintain hormonal homeostasis even during times of mental, emotional, and/or physical stress. The HPA axis is designed to balance mood, energy levels, and cognition.¹ Evidence from animal studies shows the HPA axis also helps support neurological, gastrointestinal, and immune function, suggesting it may influence other internal systems as the body copes with stress.² By influencing HPA axis function, HPA Adapt™ is formulated to support stress hormone balance and a healthy stress response.*³

ADAPTOGENIC HERBS HELP MAINTAIN STRESS HORMONAL BALANCE.*

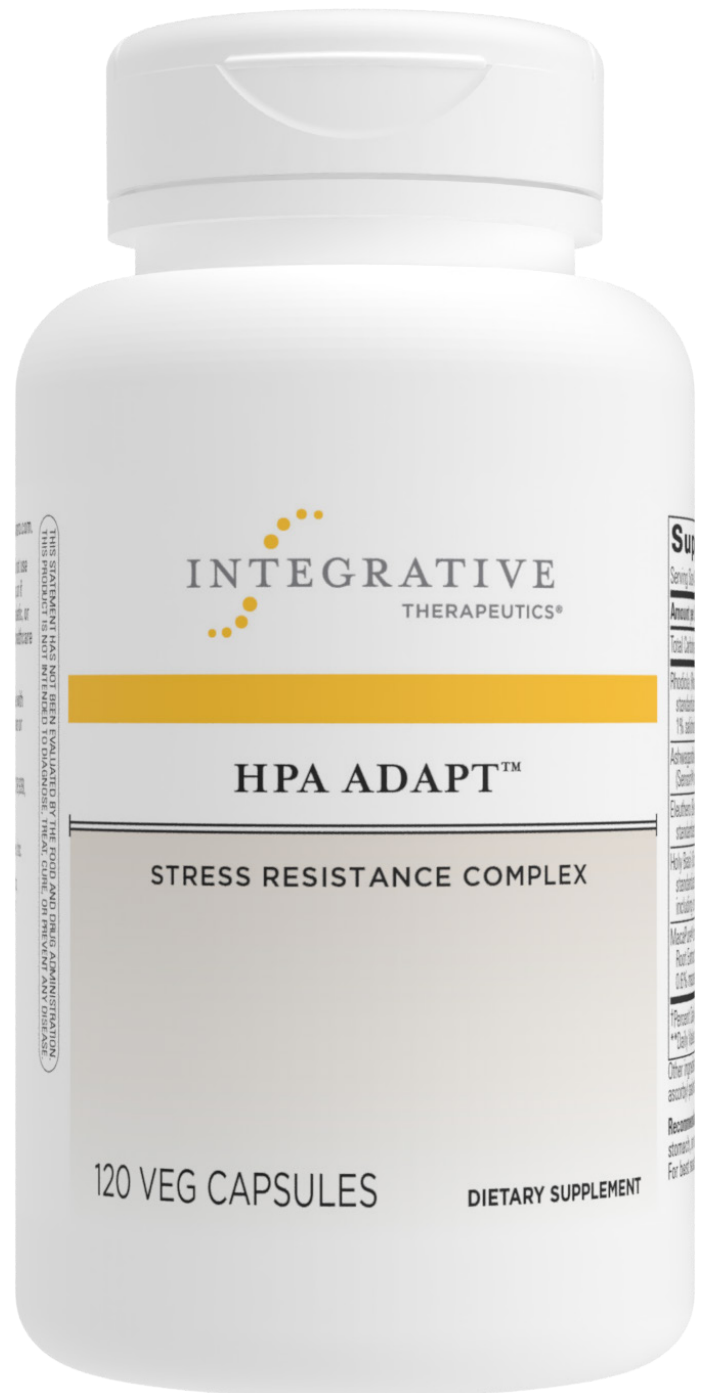
HPA Adapt™ contains Rhodiola root extract, Sensoril® Ashwagandha root and leaf extract, eleuthero root extract, maca standardized extract, and standardized holy basil leaf extract. This formulation was designed to:

- Improve mood*
- Create calm*
- Reduce stress-related fatigue*
- Support cognitive function*

A double-blind, placebo-controlled clinical trial showed that Sensoril® ashwagandha significantly reduced serum cortisol levels and helped manage stress compared to placebo, in subjects experiencing higher levels of stress.*³ A double-blind, placebo-controlled, crossover clinical trial showed that Rhodiola rosea significantly reduced stress-related fatigue compared to placebo, in night-shift physicians.*⁴ A double-blind, placebo-controlled trial showed that Rhodiola rosea significantly improved hand-eye coordination and reduced mental fatigue compared to placebo, in students during a stressful exam period.*⁵

REFERENCES

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2. Farzi A et al. Neurotherapeutics. 2018;15(1):5-22.
3. Auddy B et al. J Am Nutraceutical Assoc. 2008;11(1):50-6.
4. Darbinyan V et al. Phytomedicine. 2000;7(5):365-71.
5. Spasov AA et al. Phytomedicine. 2000;7(2):85-9.



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.