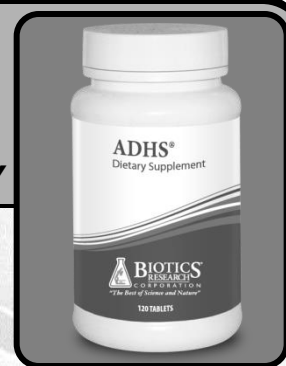


# ADHS®

*For Healthcare Professionals Only*



*ADHS® is an adaptogenic formation designed to support normal cortisol levels. ADHS® contains no glandular material and is appropriate for vegetarians.*

As a grape-sized gland situated at the top of each kidney, the adrenal glands may be small but they play a significant role in helping the body cope with stress. The outer layer of the adrenal gland, the cortex, is responsible for directing the production of over 50 different hormones contained in three major classes: androgens, mineralcorticoids, and glucocorticoids (including cortisol). The inner layer of the adrenal gland, the medulla, is responsible for modulating the sympathetic nervous system – the fight or flight responses- through its regulation of epinephrine and norepinephrine. Although adrenal fatigue has been referenced in medical texts since the 1800s, it is still not readily accepted or understood by the medical community. Despite the issue of formal acceptance, alternative and complementary healthcare providers have long recognized that dysregulation of adrenal function is problematic and indeed, is associated with a myriad of health issues. Most notably, these complaints include fatigue, but also may include weight gain, decreased immune function, increased incidence of allergies and allergic responses, transient musculoskeletal pain, headaches, insomnia, decreased libido, mood alterations, and hormonal imbalances.

In early stages of dysfunction, the adrenal glands work a million-miles-a-minute – trying to keep up with the stress demands of the body. During this stage cortisol output is typically increased. After a period of time of running at maximum capacity, the adrenal glands have nothing left to give; they are essentially worn out. This is late stage adrenal dysfunction, and it is typically associated with overall decreased production of cortisol. In theory, adrenal dysfunction has often been described as either an excess of, or a near-absence of cortisol – but it is difficult to approach adrenal fatigue in that simplified black or white context. In practice, however, it can be challenging for healthcare practitioners to determine exactly where on the spectrum of adrenal dysfunction a person lies, therefore it is better to view adrenal dysfunction as occurring under one large gray umbrella. **ADHS®** could be an acronym for Adrenal Dysfunction HyperSecretion. **ADHS®** is a comprehensive and effective adaptogenic formula, providing selective botanical extracts, with pertinent vitamins and minerals. **ADHS®** serves to replenish nutrients depleted by the stress response, thereby positively supporting adrenal function. **ADHS®** is frequently used in combination with other Biotics Research products, including **Optimal EFAs®**, **Blackcurrant Seed Oil**, **Cytozyme PT/HPT™**, and/or **GlucoBalance®**.

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## ADHS®

### Supplement Facts

Serving Size: 2 Tablets  
Servings Per Container: 120 or 240

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin E (as d-alpha-tocopheryl acetate)	30 IU	100%
Thiamin (B1) (as thiamin mononitrate)	2 mg	133%
Riboflavin (B2)	2 mg	118%
Niacin (as niacinamide)	12 mg	60%
Vitamin B6 (as pyridoxal-5-phosphate and pyridoxine HCl)	4 mg	200%
Pantothenic Acid (as calcium pantothenate)	30 mg	300%
Zinc (as zinc gluconate)	5 mg	33%
Copper (as copper gluconate)	0.5 mg	25%
Magnanese (as manganese gluconate)	1.5 mg	75%

**Other ingredients:** Stearic acid (vegetable source), silica, modified cellulose gum, food glaze and magnesium stearate (vegetable source).

† Specially grown, biologically active vegetable culture containing **Phytochemically Bound Trace Elements™** and other phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

**ADHS® is available in bottles of 120 or 240 tablets.**

**Recommended dosage** is two (2) tablets one to two (1-2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

**Caution:** Not recommended for pregnant or lactating women.

	Amount Per Serving	% Daily Value
Proprietary Blend	513 mg	
Lithium (from vegetable culture†)		*
L-Tyrosine		*
Achyranthes (Achyranthes bidentata)(extract)(root)		*
Damiana (Turnera diffusa)(extract)(leaf)		*
Gotu Kola (Centella asiatica)(extract)(herb)		*
Sichuan Teasel (Dipascus asper)(extract)(root)		*
Asiatic Dogwood (Cornus officinalis)(extract)(fruit)		*
Basil (Ocimum basilicum)(extract)(leaf)		*
Schisandra (Schisandra chinensis)(extract)(fruit)		*
Indian Tinospora (Tinospora cordifolia)(extract)(stem & root)		*
Rubidium (from vegetable culture†)		*

\*Daily Value not established

**Product #: 3015**

**NDC: 55146-03015**



# BIOTICS

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The Best Of Science & Nature.