

### Formulation Features

- Promotes mental clarity and sharpness
- Supports a healthy immune and inflammatory response
- Helps to preserve energy, vitality, and physical stamina

## Adrenal Support

**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 adrenocorticotrophic hormone (ACTH) response

This specially formulated blend of adaptogenic herbs helps to support adrenal function by normalizing the stress response. These herbs also act as endocrine tonics, potentially attenuating the effects of autoimmunity.

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

### Supplement Facts

Serving Size: 2 capsules

Servings Per Container: 37

	Amount Per Serving	% Daily Value
Organic Ashwagandha root	450 mg	†
Organic Eleuthero root	280 mg	†
Organic Holy Basil Leaf, 0.5% Volatile Oil	230 mg	†
Organic Astragalus root	170 mg	†
Organic Fo-Ti root	170 mg	†

† Daily Value not established  
All Organic Herbs are Certified Organic

**Other Ingredients:** Vegetable Capsule (cellulose)



## Herbal Foundation of "Adaptogen"

### ELEUTHERO ROOT

Improves stress tolerance and energy, and acts as an adrenal tonic that optimizes adrenal response.

### ASHWAGANDHA ROOT

Relieves stress, promotes mental clarity, supports immune function, and helps maintain physical stamina.

### ASTRAGALUS ROOT

Astragalus root, known for its immune tonic properties, has been shown to reinforce healthy T-cell activity, and induce interferon production.

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

## Supplementation

- Take one to two capsules twice daily, or as directed by your health care practitioner. Can be taken with or without food.

## Diet & Lifestyle

- Eliminate as much physical, emotional, and environmental stress as possible
- Exercise moderately for 12-15 minutes, 2-4 times daily
- Maintain optimal blood sugar levels by eating small frequent meals that are balanced in protein and carbohydrates.
- Avoid known allergens
- Get plenty of rest

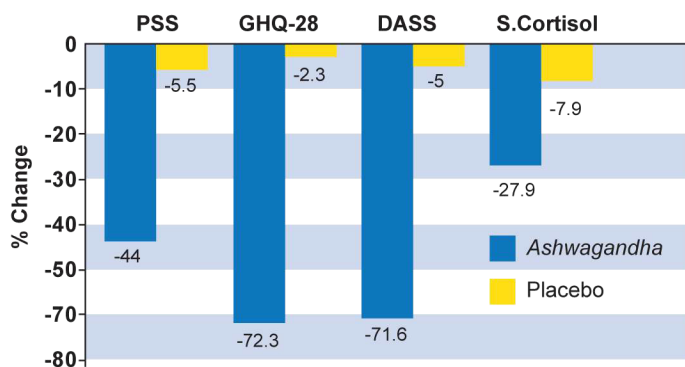
**Ashwagandha** is one of the best and most widely known botanical adrenal tonics, which has been used traditionally in India for exhaustion, emaciation, memory loss, muscle weakness, overwork and sleeplessness.

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.

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

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

### REFERENCES:

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Evidence-based efficacy of adaptogens in fatigue, and molecular mechanisms related to their stress-protective activity. Pharmacol. 2009 Sep; 4(3):198-219.

Yang YZ, Jin PY, Guo Q, et al. Effect of Astragalus membranaceus on natural killer cell activity and induction of alpha- and gamma-interferon in patients with Coxsackie B viral myocarditis. Chin Med J (Engl) 1990; 103:304-307.