

Adrenal Support Formula

Contains herbs proven to reduce the over-secretion of cortisol during periods of chronic stress and helps to combat the effects of stress on the body.

Chronic Stress and Disease

The negative impact of chronic stress on our health largely results from high levels of cortisol, which is secreted from the adrenal glands in response ACTH hormone (pituitary gland). High circulating levels of cortisol are known to contribute to many health problems including decreased immunity (with increased risk of infection and cancer), muscle breakdown, weakness and fatigue, chronic inflammation, poor memory and concentration abilities, high blood sugar, weight gain, fluid retention, bone loss, impaired thyroid function, and other problems.

Adaptogen Herbs

To date there are no drugs that can tame the impact of stress on the body, but nature has provided us with "adaptogens" that are proven to improve the body's natural ability to combat emotional and physical stress. Adaptogens, first discovered in 1947, by the Russian scientist Dr. Nicolai Lazarev, decrease the output of cortisol during chronic stress and produce other invaluable effects on the physiology of the immune system, brain and other tissues. Several herbs contain adaptogens, but those such as ginseng and licorice should be avoided due to the many documented serious side effects and drug-nutrient interactions associated with their use. The three most effective and safest adaptogen herbs include: Ashwaghandha, Rodiola and Shisandra.

Ashwaghandha is a medicinal Indian herb shown to decrease blood cortisol levels by up to 26% in chronically-stressed individuals. A decline in fasting blood sugar and an improved lipid profile were also seen in a 2005 study on ashwaghandha. This herb's active constituents are also powerful antioxidant and anti-inflammatory agents, and have been shown to boost immune function, improve mental functioning, and enhance libido; all anti-stress adaptogen features

Rodiola - a herb that grows in cold regions, has been shown to exert anti-fatigue effects, increased mental performance, and ability to concentrate in chronic fatigue sufferers (Darbinyan et al., 2000; Spasov et al., 2000b; Shevtsov et al., 2003). Rhodiola is categorized as an adaptogen by Russian researchers due to its observed ability to increase resistance to a variety of chemical, biological, and physical stressors. Its purported benefits include antidepressant, anticancer, cardioprotective, and central nervous system enhancement (Kelly GS. 2001).

Shisandra - extensive experimental research in Russia has documented this herb's numerous adaptogen properties, including prevention of atherosclerosis, high blood sugar and positive effects on the central nervous, sympathetic, endocrine, immune, respiratory, cardiovascular, and gastrointestinal systems, under periods of chronic stress (Panossian A et al. 2008). The adaptogens in Shisandra have been shown to control cortisol levels during periods of chronic stress and to increase exercise capacity and mental function upon exposure to other environmental stresses in both animal and human studies (Herbal Medicine Healing Cancer by Donald R Yance Jr.)

Other Adrenal Nutrients: In addition to the stress-fighting herbs noted above, vitamin B6, pantothenic acid, magnesium, vitamin C and zinc are critical to the prevention of adrenal fatigue and adrenal damage during periods of chronic stress.



Instructions for Use:

Take one capsule twice per day with meals or as directed by your health practitioner.
Do not exceed a dosage of 4 capsules per day.

Clinical Applications:

Chronic or acute stress
Under active thyroid (along with thyroid replacement therapy or Adëeva Thyro-Support Formula if thyroid replacement is not prescribed)
Chronic fatigue and malaise
Stubborn weight loss
Diabetic or pre-diabetic state
Osteoporosis prevention in high risk individuals
Suppressed immune function

Active Ingredients

Rodiola (standardized to 3.5 total rosavins)	200 mg
Ashwaghandha (standardized to 5% withanolides)	450 mg
Schisandra (standardized to 2% schizandrins)	200 mg
Vitamin B6	50 mg
Pantothenic acid	50 mg
Magnesium	170 mg
Vitamin C	100 mg
Zinc	10 mg

Amounts for 2 vegetable capsules, 60 per bottle

Contraindications & Considerations

Pregnancy
Breast Feeding
Kidney Failure (Renal Failure)¹
Received an organ transplant of any kind¹
If kidney removed¹
Kidney clearance problems (e.g. a dialysis patient)¹
Receiving chemotherapy or radiation treatment¹

¹ Requires approval from specialist/physician