



Adrenal Support



Clinical Applications

- Supports Healthy Adrenal Function*
- Supports Healthy Cortisol Level*
- Helps regulate energy levels and mood*

Adrenal Support is a combination of standardized adaptogenic herbs and nutrients which are known to contribute to rejuvenating the adrenals. This product is designed to help support healthy cortisol levels, hypothalamic and pituitary function (HPTA axis), and catecholamine production (dopamine, norepinephrine, and epinephrine).

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

Adrenal Support is a comprehensive blend of nutrients and botanical compounds designed to support healthy adrenal function. The adrenal glands are responsible for regulating a wide variety of processes in the body, most notably the “fight or flight” response to stressful situations. These glands produce several hormones and neurotransmitters, some of which are designed to help regulate energy levels and mood on an ongoing basis, and others which are intended to be released only in short bursts, to help power someone through brief moments of intense stress or vigilance.

Due to the fast pace and unrelenting demands of modern life, however, the adrenal glands are taxed with producing higher amounts of these compounds more frequently. This may first result in overactive adrenal function, with very high levels of stress hormones (cortisol, in particular), but the glands can only keep up with this increased demand for so long before they begin to lag behind, eventually leading to adrenal exhaustion, in which output of these critical hormones and chemical messengers decreases, resulting in fatigue, reduced initiative, low moods, and difficulty handling even mild amounts of occasional stress. It is common for some people to “ping-pong” back and forth between these two states, leading to feeling simultaneously “tired and wired.”

B-vitamins and **vitamin C** are crucial contributors to energy generation at the cellular level, which may bolster adrenal function and combat the fatigue that is a hallmark of tired adrenals. The amino acid tyrosine is a building block for thyroid hormones as well as the neurotransmitters dopamine, epinephrine, and norepinephrine, which are involved in balanced moods and the ability to cope with stress. B-vitamins—specifically B6—serve a second function as required cofactors in the biochemical processes that produce these critical neurotransmitters. All of these nutrients are available in food, but over time, stress may increase the need for higher amounts than are typically obtained from the diet alone.

A key feature of **Adrenal Support** is the inclusion of several herbal adaptogens—compounds that help the body regulate the production of various hormones and neurotransmitters. Whether the need is for an increase or a decrease, they facilitate the normalizing of these levels. Rhodiola, ashwagandha, American ginseng, and eleuthero are adaptogens that have been used for centuries in Chinese and Ayurvedic medicine to support healthy responses to stress. An additional ingredient, licorice, helps cortisol stay in the bloodstream longer, thereby lessening the demand on the adrenals to produce more of it.

***These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

Distributed by: Adaptogen Research
625 Barksdale Road, Suit 113
Newark, DE 19711

Adrenal Support

Recommended Use: As a dietary supplement, take three capsules per day with meals, or as directed by your health care practitioner (divided dosing recommended).

Supplement Facts

Serving Size 3 capsules

Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin C (as Ascorbic Acid)	100 mg	167%
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	5 mg	294%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg	250%
Pantothenic Acid (as d-Calcium Pantothenate)	250 mg	2500%
Eleuthero (<i>Eleutherococcus senticosus</i>)(root) [standardized to contain 0.8% eleutherosides]	250 mg	*
American Ginseng (<i>Panax quinquefolius</i>)(root) [standardized to contain 5% ginsenosides]	100 mg	*
Ashwagandha (<i>Withania somnifera</i>)(root) [standardized to contain 1.5% withanolides]	100 mg	*
Rhodiola Rosea (root)[standardized to contain 3% rosavins and 1% salidroside]	100 mg	*
N-Acetyl L-Tyrosine	75 mg	*
Licorice (<i>Glycyrrhiza glabra</i>)(root)	20 mg	*

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, cellulose (capsule), vegetable stearate.

Suggested Use

As a dietary supplement, take three capsules per day with meals, or as directed by a health care practitioner (divided dosing recommended).

Caution

Keep out of reach of children.

***These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

Distributed by: Adaptogen Research
625 Barksdale Road, Suite 113
Newark, DE 19711