



# Adaptogen

*The adrenal glands manage the body's response to internal and external stressors.*



## 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)

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 adrenocorticotropic 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 an immune response to self.

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

### Formulation Features

- Promotes mental clarity and sharpness
- Supports a healthy immune and inflammatory response
- Formulated with 100% organic herbs
- Helps to preserve energy, vitality, and physical stamina



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

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**Ashwagandha** is one of the best and most widely known botanical adrenal tonics, which is 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 anxiety stress scale (DASS).

## Supplementation

- One to three capsules twice a day or as directed by a healthcare practitioner. Can be taken with or without food.
- Monitor blood fasting lipid levels

## Diet & Lifestyle

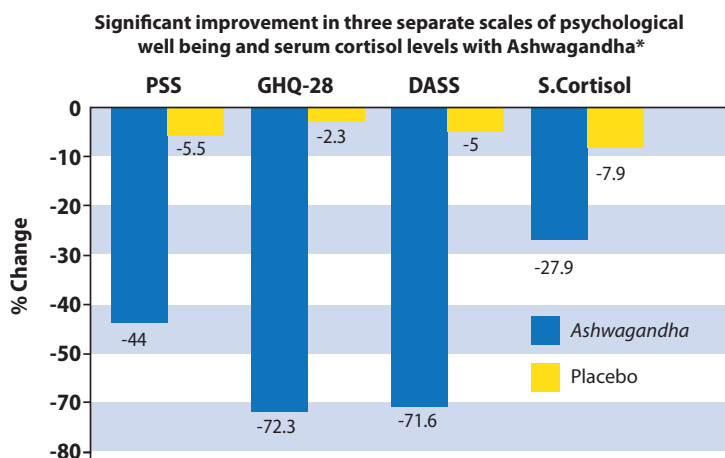
- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Eat small frequent meals with protein to maintain optimal blood sugar levels
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

### REFERENCES:

Stress and Health 2002; 18(1):11-17.

Pharmacol. 2009 Sep; 4(3):198-219.

Chin Med J (Engl) 1990; 103:304-307.



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

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