

Formulation Features

- Helps support adrenal function
- Promotes physical vitality and mental sharpness
- Supports the body's normal inflammatory response
- Supports antioxidant defenses and blood vessels
- Promotes cortisol balance

Adrenal Support

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

Hectic modern lifestyles can lead to overstimulation of the adrenals and a resulting imbalance of DHEA to cortisol ratios, improper ACTH response, and erratic cortisol release.

Adaptogenic herbs help to normalize stress responses, thereby supporting adrenal function in turn promoting healthy immune function due to the adrenal glands' role in immune response.

Since adrenal gland function maintains stress tolerance, our adrenal supplements can also support and maintain healthy brain function, mental performance, and hormonal balance for women at menopause due to the role that the adrenal glands play in the production of reproductive hormones.

Supplement Facts

Serving Size: 2 capsules		Servings Per Container: 37
	Amount Per Serving	% Daily Value
Licorice root extract 10:1,W	690 mg	†
Eleuthero root extract 50:1, O	100 mg	†
Sarsaparilla root extract 4:1, W	100 mg	†
Holy Basil leaf extract 10:1	100 mg	†
Rhodiola root extract 4:1, O	70 mg	†
Hawthorn berry extract 12:1, O	70 mg	†
Alfalfa Juice Powder, O	50 mg	†

Minimum Constituent Bio Marker Per Dose

Glycerrhizic Acid	120 mg
Flavonoids	2 mg
Eleuthero B & E	0.70 mg
Salidroside Glycosides	0.56 mg

Each 2 capsules are extracted from 14,840 mg of herbs.
O=Certified Organic W=Wildcrafted † Daily Value not established

Other ingredients: Vegetable Capsule (cellulose)



Herbal Foundation of "Adrenal Px"

ELEUTHERO ROOT

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

HOLY BASIL LEAF EXTRACT

Decreases the stress response through maintaining healthy blood sugar and corticosteroids in a normal range while supporting adrenal function.

RHODIOLA ROOT EXTRACT

Improves mood, sleep and concentration by supporting adrenal function and healthy serotonin and dopamine levels.

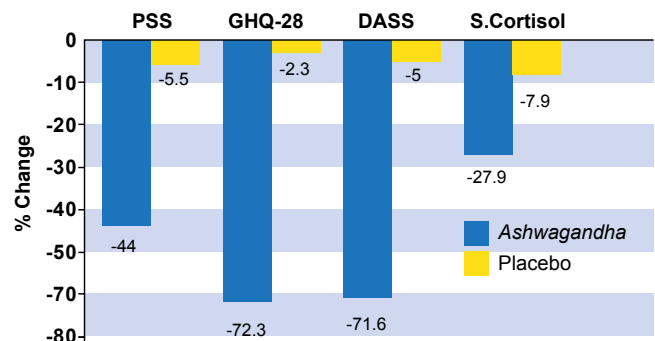
Supplementation

- One to two capsules **Adrenal Px Balance** twice a day
- Monitor signs and symptoms of adrenal fatigue and cortisol/DHEA if desired
- Maximum dose 2 twice a day
- For subjects with low blood pressure and other signs and symptoms of moderate to severe adrenal exhaustion consider **Adrenal Px L-BP** which has similar ingredients with the addition of licorice root extract
- For those that have difficulty swallowing capsules or prefer a pleasant tasting syrup, **Adrenal Px Balance Syrup** has an equivalent concentration of adaptogenic herbs as the capsule

Diet & Lifestyle

- Eliminating as much physical, emotional and environmental stress as possible
- Moderate exercise for 12-15 minutes, 2 – 4 times/day
- Small frequent meals (on the order of 6/day) that are balanced in protein and carbohydrate to maintain optimal blood sugar levels
- Avoiding known allergens
- Getting plenty of rest

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

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- Eleutherococcus senticosus reduces cardiovascular stress response in healthy subjects: a randomized, placebo-controlled trial. *Stress and Health* 2002;18(1):11-17. Evidence-based efficacy of adaptogens in fatigue, and molecular mechanisms related to their stress-protective activity. *Curr Clin Pharmacol*. 2009 Sep;4(3):198-219
- Constituents of *Ocimum sanctum* with antistress activity. *J Nat Prod*. 2007 Sep;70(9):1410-6.
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