

# Adrenotone™

Adaptogenic Herbal Support • Nutritional Adrenal Rejuvenation  
• Catecholamine Replenishment • Stress Nutrient Replacement



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Adrenotone™ is designed to be an all-in-one synergistic adrenal support formula. In just one product Adrenotone™ makes it possible for the clinician to provide botanical and nutritional enhancement of adrenal cortical and medullary function, adrenal rejuvenation and increased hypothalamic receptor function. It also helps address depletions common to those suffering from the effects of chronic stress.

## Specific Clinical Objectives of Adrenotone™

This formula includes adaptogenic and adrenal tonic herbs and nutrients in order to help the body's adaptation to stress and to support adrenal gland health. Stress can alter levels of cortisol and catecholamines, in addition to causing the depletion of a host of micronutrients. Cortisol increases have vast effects over serum blood glucose and insulin levels, inducing dysglycemia and laying the foundation for metabolic syndrome.

Adrenotone™ contains a blend of standardized botanicals including *Eleutherococcus senticosus* (Eleuthero), *Panax quinquefolius* (American ginseng- strong, yet least stimulating of the ginsengs), *Ashwagandha* (Indian ginseng or Withania), *Rhodiola rosea* (Rose root), and *Glycyrrhiza glabra* (Licorice root), all known to be tonifying and rejuvenating to the adrenal glands. The ginseng family of herbs possesses a unique property of aiding in the regeneration and enhanced function of hypothalamic cortisol receptors, providing an amphoteric effect that allows the body to better self-regulate cortisol levels. Licorice potentiates and extends the serum life of cortisol, thereby lessening the demand on the adrenal cortex during stressful conditions. N-Acetyl-tyrosine, the most bioavailable form of tyrosine, is included as a critical building block of catecholamines, which are often depleted under chronic stress conditions, various neurotransmitters, and thyroid hormones. Also included are vitamin C, pantothenic acid (B5), pyridoxine-B6 (as P-5-P) and riboflavin-B2 (as R-5-P), which play critical roles as enzyme co-factors in the balanced production of stress hormones. All of these ingredients are combined in order to synergistically promote proper homeostasis of serum cortisol, help to promote healthy hypothalamic-pituitary function, aid in the production and replenishment of depleted catecholamines, support adrenal cortical health, and replete common nutritional deficiencies that can result from chronic stress.

## Supplement Facts

Serving Size 3 capsules  
Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin C (as Ascorbic Acid)	100 mg	170%
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	5 mg	290%
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 ( <i>Rhodiola rosea</i> )(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.



## Recommended Use:

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

**Warning:** Use with caution with patients who are pregnant or lactating, or with those who have hypertension, diabetes, or have had kidney or liver disorders.

Advise patient to discontinue use and consult you if they experience sleeplessness, headache or heart palpitations when using Adrenotone™.

For a list of references cited in this document, please visit:

<http://catalog.designsforhealth.com/assets/itemresources/AdrenotoneReferences.pdf>

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