



## BioAdaptogen Ultra

Serving Size 2 capsules

Servings Per Container 30

	Amount Per Serving
Rhodiola root extract ( <i>Rhodiola rosea</i> )(3%)	300 mg
Ashwagandha root extract ( <i>Withania somnifera</i> ) (1.5% Withanolides)	200 mg
<i>Eleuthrococcus senticosus</i> (0.8% Eleutherosides E&B)	200 mg
Panax ginseng (27-30% ginsenosides)	200 mg
Licorice root extract ( <i>Glycyrrhiza glabra</i> )	40 mg

OTHER INGREDIENTS: Silica, cellulose.

SUGGESTED DOSE: As a dietary supplement, take 2 capsules per day evenly spaced between meals or as directed by your healthcare professional.

# BIOADAPTOGEN ULTRA

AYURVEDIC BLEND TO RELIEVE STRESS, HELP MAINTAIN MENTAL ACUITY, PROMOTE HEALTHY CORTISOL REGULATION AND SUPPORT OVERALL WELL-BEING.

- Promotes a healthy mental, emotional, and physical stress response.
- Supports healthy adrenal function.
- Maintains optimum energy levels and mood.

**BIOADAPTOGEN** brings the clinician a valuable tool for supporting the stressed-out patient. Combining time-tested ingredients such as Siberian ginseng (*Eleuthrococcus senticosus*), Korean ginseng (Panax), Indian ginseng (Ashwagandha), and Licorice (*Glycyrrhiza glabra*), this formula truly helps the body withstand stress and recover from it more quickly.

**RHODIOLA ROSEA** is considered an adaptogenic herb because it enhances the body's ability to respond to stress. Rhodiola has been shown to reduce fatigue and improve work capacity and mood in individuals. Rhodiola may also decrease inflammatory makers such as C-reactive protein and improve cognitive functions such as memory and learning.

**ELEUTHROCOCCUS SENTICOSUS** has been used traditionally to help the body during times of mental, physical, and metabolic stress. *Eleuthrococcus senticosus* supports a strong immune system by protecting the adrenal glands during periods of stress.

**PANAX GINSENG**, like its Siberian brother *Eleuthrococcus senticosus*, has been used by the Koreans to help the body adapt to stress. Panax has also been shown to enhance physical endurance. Carbohydrate metabolism is spared and fats are oxidized (burned as fuel) more efficiently when using Panax ginseng. In addition to its adrenal gland support and balancing of cortisol levels, it also supports normal testicular function. Panax has been shown to enhance testosterone and spermatozoa production. Other noted benefits include improved memory, learning, immune function, and cardiovascular health.

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## REFERENCES:

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**ASHWAGANDHA (*WITHANIA SOMNIFERA*)** is also known as Indian ginseng. In India, it is considered an anti-aging therapy. Ashwagandha is used as an adaptogen to nourish and strengthen the body. It has immune-enhancing benefits like Panax and *Eleuthrococcus senticosus*.

## HISTORICAL USES OF PANAX, *ELEUTHROCOCCUS SENTICOSUS*, AND ASHWAGANDHA

- Adaptogen
- Anti-stress, anti-fatigue
- Enhanced immunity
- Improved physical activity and work capacity
- Promotes healthy appetite
- Anti-inflammatory
- Anti-aging
- Protection against xenobiotic toxins
- Enhanced mental acuity

**LICORICE (*GLYCYRRHIZA GLABRA*)** has long been used for medicinal purposes. Licorice use has reported benefits in individuals with disruption of gastric mucosa and adrenal insufficiencies. Glycyrrhizin, a glycoside with similar structure to adrenal steroids, has anti-inflammatory and adrenal sparing properties. Excessive intake of Glycyrrhizin can lead to sodium retention, potassium loss, fluid retention, and high blood pressure.

## HISTORICAL USES FOR LICORICE

- Stomach irritation and disruption of gastric mucosa and motility
- Inflammatory problems, including joint inflammation, pain, and skin conditions
- Adrenal imbalances

**CONTRAINDICATIONS:** Licorice in amounts over 1.5 g/day should not be taken by persons with diabetes, glaucoma, heart disorders, a history of stroke, or high blood pressure.