Phyto-ADR

Vegetarian adrenal support formula[‡]

INDICATIONS

- Ages 18 and up
- Adrenal support[‡]
- Occasional stress support[‡]

BENEFITS

- Supports the health and activity of the adrenal glands^t
- Promotes physiological balance and moderating occasional emotional stress[†]
- Supports optimal energy reserves[‡]
- Promotes immune function[‡]
- May help to moderate mild fatigue under stressful conditions[†]

FEATURES

- Formulated with a blend of standardized botanicals
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

This vegetarian formula provides wide range herbal and nutritional support for the adrenal glands. Panax ginseng and Eleutherococcus senticosus, or eleuthero, are highly recognized adaptogens, promoting physiological balance and moderating occasional stress. In part, they help to moderate the production of adrenocorticotrophic hormone (ACTH) and ultimately corticosterone activity.^{1,2} Corticosterone promotes the conversion of amino acids into carbohydrates and glycogen by the liver and stimulates glycogen formation in the tissues, supporting optimal energy reserves.³ Rhodiola rosea, containing rosavins and salidrosides, also acts to balance hypothalamic-pituitary-adrenal activity. Rhodiola can have a calming effect on the central nervous system and supports healthy adrenal gland function.⁴ In particular, rhodiola may moderate the effects of occasional physical and emotional stress.⁵ Recently, a double-blind, crossover study suggested that rhodiola may help to moderate mild fatigue under stressful conditions.⁶ Astragalus and ashwagandha promote immune function and complement the adaptogenic activity of this formula.^{7,8} Pantothenate, also known as vitamin B₅, is essential for healthy adrenal function.⁹

Collectively, these ingredients support the health and activity of the adrenal glands.[‡]

SUGGESTED USE

As a dietary supplement, take 1 capsule daily, between meals, or as directed by a health professional.

STORAGE

Store in a cool, dry place.

WARNING

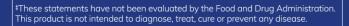
Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Calcium pantothenate (vitamin B₅) is synthetic
- Panax ginseng extract is derived from the root and standardized to contain 5% total ginsenosides
- Eleutherococcus senticosus extract is derived from the root and standardized to contain 0.8% eleutheroside E & B
- Ashwagandha extract is derived from Withania somnifera and standardized to contain 5% withanolides
- Rhodiola rosea extract is derived from the root and standardized to contain 3% total rosavins and min. 1% salidrosides
- Astragalus membranaceus extract (8:1) is derived from the root
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil
- Hypo-allergenic plant fiber is derived from pine cellulose

NOTES

Size 00 caps Bottle count 60, 180 Order codes PHY6, PHY1 Bottle size 190 cc, 20 oz



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REFERENCES

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- 4. Darbinyan V, et al. Phytomedicine. 2000 Oct;7(5):365-71.
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- 6. Olsson EM, et al. Planta Med. 2009 Feb;75(2):105-12.
- 7. Huang ZQ, et al. Zhongguo Zhong Xi Yi Jie He Za Zhi. 1995 Jun;15(6):328-30.
- 8. Mikolai J, et al. J Altern Complement Med. 2009 Apr;15(4):423-30.
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SUPPLEMENT FACTS

1 capsule daily, between meals, or as directed by a health professional. Each (size 00) vegetarian capsule contains:

Pantothenic acid (as calcium pantothenate) (B5)	150 mg
Asian ginseng (Panax ginseng) extract (root)	150 mg
(standardized to contain 5% total ginsenosides)	
Eleuthero (Eleutherococcus senticosus) extract (root)	100 mg
(standardized to contain 0.8% eleutherosides)	
Ashwagandha (Withania somnifera) extract (root)	150 mg
(standardized to contain 2.5% withanolides)	
Rhodiola (Rhodiola rosea) extract (root)	50 mg
(standardized to contain 3% total rosavins and 1% salid	roside)
Astragalus (Astragalus membranaceus) extract (root)	150 mg
Other ingredients: vegetarian capsule (cellulose, water)	

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Phyto-ADR	Quantity	Order Code
	180	PHY1
	60	PHY6

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