

ADRENAL PRO™

Product Education
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NUTRITIONAL & ADAPTOGENIC SUPPORT

Chronic negative stress triggers extensive changes in the body, affecting biochemical pathways including the endocrine, nervous, and immune systems. This stress-related burden is substantial, with an estimated 75-90% of primary care visits linked to stress effects. Stress also accelerates aging by shortening telomeres, the DNA molecule caps on chromosomes. When stress overwhelms the body's homeostasis, harmful effects can persist long after the stressful situation ends, leading to conditions such as obesity, diabetes, cardiovascular disease, and cognitive impairments.

WHAT ARE ADAPTOGENS?

Adaptogens are active ingredients naturally occurring in specific plants, mushrooms and herbs that may impact how your body deals with **stress**, **anxiety** and **fatigue**.

When consumed, these plants, herbs and mushrooms provide adaptogenic actions that increase or decrease chemical reactions that assist your body in coping with anxiety, stress, fatigue by adapting to what your body needs. For example, if you're stressed (elevated cortisol), an adaptogen will respond by reducing cortisol levels. If you experience chronic fatigue with low cortisol levels, an adaptogen will increase the level of cortisol in your body. In other words, Adaptogens bring your body back to a steady balance by managing both physical and mental stressors to bring you back into balance (homeostasis).

BENEFITS

- Combats chronic stress effects
- Targets multiple biochemical pathways
- Enhances physiological balance
- Supports stress resilience
- Prevents long-term damage
- Promotes rapid equilibrium restoration

INGREDIENTS

Ashwagandha (*Withania somnifera*)- Adaptogen

Ashwagandha, also known as Indian ginseng, is a powerful adaptogen renowned in Ayurvedic medicine. Studies have demonstrated its ability to combat the energy loss and mood-altering effects of chronic stress. In a study involving 98 individuals, different doses of Ashwagandha were administered over 60 days, revealing significant reductions in stress levels, anxiety, and related symptoms. The lower dose (125mg) group showed decreased anxiety scores, while the higher dose (250mg) group exhibited even greater responses, along with improvements in various physiological markers such as inflammation, blood pressure, and blood sugar levels. Ashwagandha influences multiple biochemical pathways involved in stress modulation, including neurotransmitters, blood sugar regulation, cortisol levels, antioxidant activity, and inflammation.

Bacopa (*Bacopa Monnieri*)- Adaptogen

Bacopa, also known as water hyssop, is an ancient herb with adaptogenic properties that support cognitive function and alleviate stress-related symptoms. Research suggests it enhances cognition, motivation, and sensory functions while reducing anxiety, mental fatigue, and memory loss. Studies have shown significant improvements in mood, learning, memory, focus, and attention after regular use of Bacopa. It acts on serotonin receptors, positively impacting memory and mood regulation.

Holy Basil (*Ocimum tenuiflorum*) - Adaptogen

Holy Basil, also known as tulsi, is an ancient medicinal herb with adaptogenic properties. Studies have shown that it helps moderate stress responses, reduces cholesterol, and enhances endurance. Holy Basil supports internal balance by normalizing stress-induced imbalances in various areas such as blood sugar, antioxidant activity, inflammation, and gastric health. In a clinical study, participants taking 1200mg daily of Holy Basil experienced significant improvements in cognitive and energy-related symptoms of stress within six weeks, outperforming the placebo group by 39% in stress management scores.

Cordyceps (*Cordyceps Sinensis*) - Adaptogen

Cordyceps, a medicinal mushroom, acts as an adaptogen, aiding in the body's recovery from exhaustion and illness. Research suggests that Cordyceps helps restore homeostatic balance disrupted by stress, affecting areas such as blood sugar, antioxidant activity, inflammation, lipid peroxidation, ATP production, sexual function, and HPA axis activity. In a study involving 189 individuals with reduced libido, Cordyceps supplementation led to significant improvement in sex drive within just 40 days, with over 66% experiencing positive effects. A daily dosage of 3 grams was used in the study, equivalent to 750 mg of the standardized Cordyceps extract found in Adrenal Pro™.

INGREDIENTS

Jiaogulan (*Gynostemma pentaphyllum*) - Adaptogen

Jiaogulan, also known as "southern ginseng," is a plant native to Asia with potent adaptogenic and antioxidant properties. It has earned the nickname "Immortality" herb due to its purported longevity-enhancing effects. Studies suggest that regular consumption of Jiaogulan, particularly in the form of tea, may contribute to increased longevity, as observed in certain regions of China. Jiaogulan contains numerous active compounds, including saponins, triterpenoids, and gypenosides, with a higher concentration compared to *Panax ginseng*. As an adaptogen, Jiaogulan helps the body maintain optimal balance or homeostasis, regulating functions such as blood pressure and immune response, while also boosting stamina and endurance. Additionally, Jiaogulan enhances the body's antioxidant defenses by increasing the activity of superoxide dismutase (SOD) and supporting immune function. Clinical studies have demonstrated its ability to improve lipid profiles by lowering serum cholesterol, triglycerides, and LDL ("bad" cholesterol) while increasing HDL ("good" cholesterol), with reported effectiveness rates ranging from 67% to 93%.

Schisandra (*Schisandra chinensis*) - Adaptogen

Schisandra, also known as "five flavor berry" in Chinese, is an ancient herbal medicine with adaptogenic and antioxidative properties. It's considered a fundamental herb in Traditional Chinese Medicine, known for containing the "Three Treasures" of Jing, Shen, and Qi. Schisandra gained recognition as an adaptogen in the 1960s, with studies showing its ability to increase physical endurance, mental performance, and protect against various stressors. In Chinese medicine, it's used to rejuvenate the body, improve vitality, and treat various ailments. Schisandra is also known for its anti-fatigue and immune-boosting properties, supported by numerous clinical trials demonstrating its effectiveness in various health conditions.

Astragalus (*Astragalus Membranaceus*)- Adaptogen

Astragalus, an adaptogen used in Traditional Chinese Medicine for centuries, is known to protect the body from various stresses, including physical, mental, and emotional strain. Its Western applications focus on boosting the immune system, improving cardiovascular health, and enhancing vitality. Clinical evidence supports its use in conditions such as impaired immunity, adjunctive cancer treatment, and viral infections. Astragalus also possesses antibacterial and anti-inflammatory properties, along with antioxidants that protect cells from damage. Research suggests that Astragalus supplements can aid recovery and prolong life in individuals with weakened immune systems due to chemotherapy or radiation therapy.

Noni (*Morinda citrifolia*)- Adaptogen

Noni, also known as *Morinda citrifolia*, is a rising star among adaptogens. It acts as an antioxidant, reducing stress and fatigue, while also possessing antinociceptive properties, relieving sensitivity to pain. It's believed that polysaccharide-rich substances found in Noni stimulate the immune system to combat abnormal cell growth. Animal studies suggest Noni may inhibit abnormal cell formation and extend lifespan. Noni contains phytonutrients like Anthraquinones, Glycosides, and Scopoletin, which contribute to its health benefits. Scopoletin, for instance, has anti-inflammatory and antibacterial properties, regulates serotonin levels, lowers blood pressure, and aids in sleep regulation.

INGREDIENTS

Licorice (Glycyrrhizin Glabara) -Adaptogen

Licorice (Glycyrrhizin Glabara) is an adaptogen containing various active compounds like glycyrrhizin, isoflavonoids, and chalcones. These compounds possess cortisol sparing, estrogen modulating, and anti-inflammatory properties. Glycyrrhizin regulates cortisol levels by inhibiting the enzyme responsible for converting active cortisol into a less active form. It also exhibits estrogenic action when levels are low and inhibits it when levels are high, aiding in adrenal health. Moreover, licorice shows anti-viral, anti-inflammatory, and anti-allergenic effects, making it beneficial for individuals with adrenal exhaustion who are prone to allergies and sensitivities.

Adrenal Pro™ is available in two sizes, 60 capsules for starters or occasional use, and 200 capsules for regular users.

Sustained stress has been acknowledged as a key driver of many of today's psychological and physical health complaints.† The body is always naturally trying to maintain balance or "homeostasis" during times of stress.† We can assist our natural process by trying to minimize our stress.† **Adrenal Pro™** contains some natural adaptogenic plants that may provide nutritional support in times of stress.†

Suggested Use: Take one capsule daily. Take two capsules for additional support. Store tightly closed in a cool place. No preservatives, color or flavoring.
KEEP OUT OF REACH OF CHILDREN.

Made in a facility that manufactures Soybeans, Milk, Wheat, Fish, Shellfish, and Tree Nuts.

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†This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Adrenal Pro™

Nutritional & Adaptogenic Support

DIETARY SUPPLEMENT | 60 CAPSULES

Supplement Facts

Serving Size: 1 capsule
Servings per bottle: 60

	Amt Per Serving	%DV
Proprietary Blend	650 mg	†
Cordyceps (Cordyceps sinensis) mycelium, Bacopa ext. (Bacopa monnieri) stems & leaves, Holy Basil ext. (Ocimum sanctum) leaves, Ashwagandha ext. (Withania somnifera) root, Astragalus ext. (Astragalus membranaceus) root, Jiaogulan (Gynostemma pentaphyllum) whole herb, Schisandra (Schisandra chinensis) fruits, Noni ext. (Morinda citrifolia) fruits, Licorice (Glycyrrhiza glabra) root.		

†Daily Value (DV) has not been established

Other ingredients: Vegetarian capsule.



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1-63: References available upon request

†These statements have not been evaluated by the FDA. Information contained in this bulletin is for informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. In all cases, its is recommended that you consult with your healthcare professional before initiating a supplement program.

HOW TO GUIDE

Adrenal Pro™ is designed to help the body recover from the energy loss and mood-altering effects of chronic stress. It has an adaptogenic effect on various systems related to cognition, motivation, sensory, and motor function. This simple guide will walk you through how to effectively use Adrenal Pro™ to combat stress and promote overall well-being.

Step 1: Understanding the Importance of Stress Management

Before using Adrenal Pro™, it's essential to understand the impact of stress on your body and overall health. Chronic stress can lead to various physical and psychological health complaints, highlighting the importance of stress management.

Step 2: Recognizing the Role of Homeostasis

The body constantly strives to maintain balance or "homeostasis" during times of stress. By minimizing the body's response to stress, we can support this natural process and promote overall health and well-being.

Step 3: Introduction to Adrenal Pro™

Adrenal Pro™ contains natural adaptogenic plants that provide nutritional support during times of stress. These adaptogens help the body adapt to stressors more effectively, improving energy levels, mood, and cognitive function.

Step 4: How to Use Adrenal Pro™

- **Dosage:** Take the recommended dosage of Adrenal Pro™ as directed on the product label or by your healthcare provider.
- **Timing:** It's best to take Adrenal Pro™ in the morning or as recommended by your healthcare provider. This allows the body to benefit from its effects throughout the day.
- **Consistency:** For optimal results, use Adrenal Pro™ consistently as part of your daily routine, especially during periods of increased stress.

Step 5: Benefits of Adrenal Pro™

- **Energy Recovery:** Adrenal Pro™ helps the body recover from energy loss caused by chronic stress, promoting overall vitality and well-being.
- **Mood Enhancement:** By supporting mood-altering effects of stress, Adrenal Pro™ can help improve mood and emotional well-being.
- **Cognitive Support:** Adrenal Pro™ improves focus, attention, and aspects of learning and memory, enhancing cognitive function during times of stress.

Step 6: Additional Tips for Stress Management

In addition to using Adrenal Pro™, consider incorporating other stress management techniques into your daily routine. This may include mindfulness practices, regular exercise, adequate sleep, and healthy nutrition.

Adrenal Pro™ offers a natural solution for combating the effects of chronic stress on the body and mind. By incorporating Adrenal Pro™ into your daily routine and adopting healthy stress management habits, you can support your body's natural ability to maintain balance and promote overall well-being.

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