



ADR Formula®

Introduced 1992

What Is It?

This formula combines whole adrenal and adrenal cortex with a blend of herbs and nutrients to promote the adrenal glands. Whole adrenal and adrenal cortex nutritionally support the proper functioning of the adrenal glands. Both *Eleutherococcus senticosus* and *Panax ginseng* have adaptogenic properties to help balance physiological functions in the body, including adrenal gland function. Licorice extract helps to maintain healthy cortisol metabolism, while calcium pantothenate promotes healthy adrenal gland activity.*

Uses For ADR Formula®

Adrenal Gland Support: This formulation combines adrenal extracts with botanical and nutritional cofactors to offer nutritional support for proper adrenal gland function. This combination contains ingredients that provide complementary support for reducing fatigue, moderating stress and enhancing resistance.*

What Is The Source?

Whole adrenal and adrenal cortex are derived from pasture-fed, pesticide-free bovine herds. These glandular extracts are freeze-dried and vacuum-dried. *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% eleutherosides. Licorice extract is derived from the root and standardized to contain 20% glycyrrhizic acid. Calcium pantothenate (vitamin B₅) is synthetic. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations® recommends 1 capsule daily, between meals, or as directed by a health professional.


Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Stomach upset and nausea have been reported by sensitive individuals using adrenal extracts. Other reports suggest a general stimulatory effect attributed to adrenal extracts, eleuthero, and *Panax ginseng* that could result in anxiety, irritability or trouble sleeping. Glycyrrhizin-containing licorice extracts have been associated with increasing blood pressure at several grams per day but not in the amounts provided by this formula. However, eleuthero and *Panax ginseng* are not recommended for individuals with uncontrolled high blood pressure.

Are There Any Potential Drug Interactions?

Some ingredients contained in this formula may adversely interact with Digoxin, Warfarin, Ticlopidine and diuretics. Ashwagandha is contraindicated with immunosuppressant medications. It may have an additive effect when combined with sedative medications or thyroid medications, so use with these types of medications should be monitored. Consult your physician for more information.

ADR Formula®

each vegetarian capsule contains	 00
pantothenic acid (as calcium pantothenate) (B ₅)	100 mg
Asian ginseng (<i>Panax ginseng</i>) extract (root) (standardized to contain 5% total ginsenosides)	200 mg
eleuthero (<i>Eleutherococcus senticosus</i>) extract (root) (standardized to contain 0.8% eleutheroside)	100 mg
licorice (<i>Glycyrrhiza glabra</i>) extract (root) (standardized to contain 20% glycyrrhizic acid)	100 mg
whole adrenal (bovine)	150 mg
adrenal cortex (bovine)	75 mg
other ingredients:	ascorbyl palmitate, vegetarian capsule (cellulose, water)

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