

# Phyto-ADR

## Vegetarian adrenal support formula<sup>†</sup>

### INDICATIONS

- Ages 18 and up
- Adrenal support<sup>†</sup>
- Occasional stress support<sup>†</sup>

### BENEFITS

- Supports the health and activity of the adrenal glands<sup>†</sup>
- Promotes physiological balance and moderating occasional emotional stress<sup>†</sup>
- Supports optimal energy reserves<sup>†</sup>
- Promotes immune function<sup>†</sup>
- May help to moderate mild fatigue under stressful conditions<sup>†</sup>

### 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.<sup>1,2</sup>

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.<sup>3</sup> *Rhodiola rosea*, containing rosavins and salidroside, 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.<sup>4</sup> In particular, *rhodiola* may moderate the effects of occasional physical and emotional stress.<sup>5</sup> Recently, a double-blind, crossover study suggested that *rhodiola* may help to moderate mild fatigue under stressful conditions.<sup>6</sup> *Astragalus* and *ashwagandha* promote immune function and complement the adaptogenic activity of this formula.<sup>7,8</sup> Pantothenate, also known as vitamin B<sub>5</sub>, is essential for healthy adrenal function.<sup>9</sup>

Collectively, these ingredients support the health and activity of the adrenal glands.<sup>†</sup>

### 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 B<sub>5</sub>) 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% salidroside
- *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

1. Hiai S, et al. *Endocrinol Jpn.* 1979 Dec;26(6):661-5.
2. Gaffney BT, et al. *Life Sci.* 2001 Dec 14;70(4):431-42.
3. Mornagui B, et al. *Horm Metab Res.* 2011 Jun;43(6):369-73.
4. Darbinyan V, et al. *Phytomedicine.* 2000 Oct;7(5):365-71.
5. Bystritsky A, et al. *J Altern Complement Med.* 2008 Mar;14(2):175-80.
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.
9. Tarasov luA, et al. *Vopr Pitan.* 1985 Jul-Aug;(4):51-4.

### 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) (B <sub>5</sub> )	150 mg
Asian ginseng ( <i>Panax ginseng</i> ) extract (root) (standardized to contain 5% total ginsenosides)	150 mg
Eleuthero ( <i>Eleutherococcus senticosus</i> ) extract (root) (standardized to contain 0.8% eleutherosides)	100 mg
Ashwagandha ( <i>Withania somnifera</i> ) extract (root) (standardized to contain 2.5% withanolides)	150 mg
Rhodiola ( <i>Rhodiola rosea</i> ) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
Astragalus ( <i>Astragalus membranaceus</i> ) extract (root)	150 mg
Other ingredients: vegetarian capsule (cellulose, water)	

**Not to be taken by pregnant or lactating women.**



Phyto-ADR	Quantity	Order Code
	180	PHY1
	60	PHY6

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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