

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[‡]
- 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 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.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, twice daily, between meals, or as directed by health professionals.

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*
- *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 capsule

Bottle count 60, 180

Order code PHY6/PHY1

Bottle size 190 cc, 20 oz

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.

[‡]These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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Phyto-ADR

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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 IuA, et al. *Vopr Pitan.* 1985 Jul-Aug;(4):51-4.

SUPPLEMENT FACTS

1 capsule daily, between meals.

Each (size 00) vegetarian capsule contains:

Pantothenic acid (as calcium pantothenate) (B ₅)	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
KSM-66 Ashwagandha® (<i>Withania somnifera</i>) extract (root)	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)	

KSM-66 Ashwagandha® is a registered trademark of Ixoreal Biomed Inc.

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Phyto-ADR	Quantity	Order Code
	180	PHY1
	60	PHY6

[†]Visit PureEncapsulations.com for more information about our GMO policy.

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