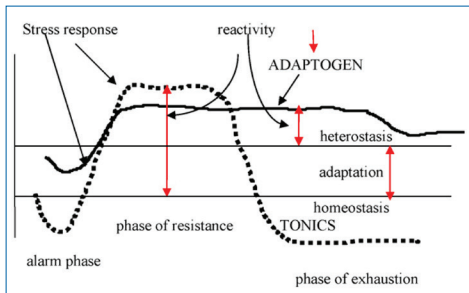


Adrenaplex

Signs of adrenal dysfunction:

- ▶ Skin: acne, psoriasis, dermatitis, hair loss
- ▶ Head: depression, anxiety, low energy, inability to concentrate, orthostatic hypotension, insomnia, poor memory
- ▶ Cardiovascular: high or low blood pressure, high cholesterol
- ▶ Intestines: Low Hcl or digestive enzyme production, poor nutrient absorption, IBD, diabetes
- ▶ Reproductive: decreased testosterone or estradiol production, low libido, PMS
- ▶ Musculoskeletal: pain, inflammation, tension, decreased bone density, muscular weakness, chronic fatigue syndrome, fibromyalgia
- ▶ Immune: increased frequency of infection and colds/flu, post-nasal drip
- ▶ Stomach: PUD, IBD, IBS, food allergies, reflux, nausea

Adrenaplex™ is an adrenal support formula with a combination of adaptogenic herbs and adrenal glandular extracts. It contains herbal extracts from Schisandra, Ashwagandha, Cordyceps and Rhodiola. These adaptogens work by increasing endurance and work efficiency of the adrenals, in response to stress. They work to tonify the stress system, meaning they help both when the adrenals are hyperfunctioning or hypofunctioning.



Their ability to help balance the stress response makes them a staple in any adrenal support formula.

What makes Adrenaplex™ exceptionally well rounded is the addition of the adrenal glandular extract. Glandular products provide the constituents necessary for the growth, repair and maintenance of organs. They are most appropriately used when the adrenal glands are hypo-functioning and thus not able to mount an appropriate response to stress.

When talking about the adrenals response to chronic stress it is important to note that there are 3 stages. Stage 1 is when the body is producing an excess amount of cortisol, as a consequence of excessive stress. The adrenals can only keep up for so long before they become unable to produce cortisol, or the body becomes 'cortisol resistant'. The last stage of adrenal dysfunction, stage 3, is when the adrenals become unable to



Each capsule contains/Chaque capsule contient :

Rhodiola/Rhodiola (Rodiola rosea , 3% salidroside, 1% rosavins, root)	150 mg
Schisandra (Schisandra chinensis , fruit)	100 mg
Ashwagandha (Withania somnifera , root)	100 mg
Cordyceps (Ophiocordyceps sinensis , mycelium)	100 mg
Adrenal gland/Glande surrénale (Bos Taurus, cow)	100 mg

Non-medicinal ingredients: hydroxypropyl methylcellulose, magnesium stearate.

Dosage: 1-2 capsules twice daily or as directed by a health care professional. Avoid taking in the evening.

Cautions and warnings: Avoid taking at night to prevent trouble sleeping. Do not use if you suffer from a bipolar disorder or a bipolar spectrum disorder. May increase the effects of plants, supplements or drugs with stimulant properties. May add to the effects of angiotensin-converting-enzyme inhibitors.

Recommended duration of use: Do not use for more than four weeks.

Consumption of ashwagandha with alcohol, other drugs and/or natural health products with sedative properties is not recommended.

Consult a health professional prior to use if you are undergoing hormone replacement therapy (HRT), taking birth control, antidepressants or immunosuppressive drugs, or suffering from lung disorders. Consult a health care professional if symptoms persist or worsen.

Contraindications: Do not use if you are pregnant or breastfeeding. Do not use if you are suffering from high blood pressure or arteriosclerosis.

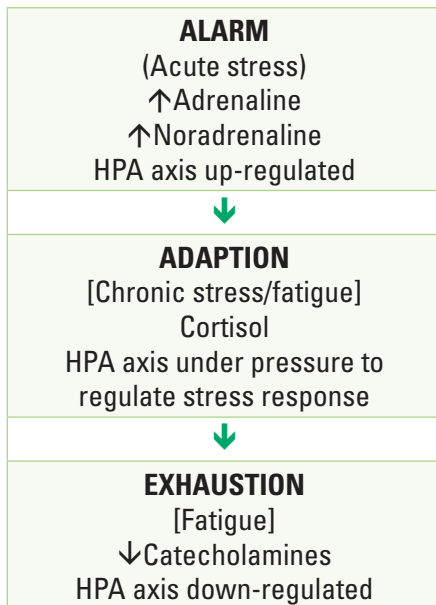
Known adverse reactions: Certain people may suffer from insomnia, anxiety or excitement; in which case, discontinue use. Certain people may experience certain reactions; stomach aches, dry mouth, skin reactions, drowsiness, nausea or diarrhea; in which case, discontinue use.

NPN: 80037728 • 90 Capsules

produce an appropriate amount of cortisol. Patients in this stage can exhibit a myriad of symptoms of which include:

- ▶ Salt and/or sugar cravings
- ▶ Low libido
- ▶ Inability to get out of bed in the morning
- ▶ Low blood pressure and/or slowed pulse
- ▶ Hypoglycemia
- ▶ Poor concentration/memory
- ▶ Poor stamina
- ▶ Aches and pains

These stages are important to note because stage 3 is where Adrenaplex™ is best used. The glandular extract will supply the adrenals with the building blocks necessary to rebuild, repair and help improve cortisol production. The adaptogenic herbs help increase stamina and reduce some of the burden that is put on to gland as a result of chronic stress.



Stage 3 adrenal fatigue may seem like an uncommon presentation but when you consider modern-day lifestyle and the vast accumulation of stressors we encounter on a daily basis it is easy to imagine how prevalent stage 3 is in the general population. In fact, in 1974 it was estimated that 16% of the population has some moderate to severe degree of hypocortisolism and that was said then to be a conservative estimation. Taking into account how much chronic disease has increased since 1974, it is not hard to understand that this is a very common condition.

Furthermore, stress has a physiological effect before you even have a chance to interpret it. The part of the brain that first receives the input of 'stress' from your environment is your Amygdala, not your pre-frontal cortex (the part of the brain associated with reasoning abilities). This is how even those that report low levels of perceived stress can have eventual adrenal dysfunction. It is also important to note that stress comes in many forms. Examples of stressors include:

- ▶ Life stressors: Family, friends, work, traffic
- ▶ Diet: Coffee, refined sugar, alcohol
- ▶ Lifestyle: Smoking, overexertion, lack of sleep, lack of relation, toxins, dehydration
- ▶ Other: Prescription, infections, allergies, chronic disease

Schisandra chinensis

Schisandra is a Chinese herb that has a long traditional use for increasing physical and mental endurance. Human studies have shown that a single dose alone can increase the working capacity of physical force by 24-42%. This herb also works exceptionally well for preventing mental exhaustion. For example, supplementing with this herb has been shown to prevent and reduce exhaustion-related errors in the workplace.

Schisandra extracts have additionally also been shown to prevent the testosterone and hydroxycortisone (two common prescriptions for those with severe adrenal dysfunction) induced atrophy of the adrenal glands. This means that not only does Schisandra improve symptoms of adrenal fatigue, it also preserves the gland itself.

Ashwaghandha (Withania somnifera)

Ashwaghandha is another herb with a long traditional use, this time in Auyervetic medicine. It is often described as a herb that promotes a youthful state of physical and mental health and expands happiness. This herbs strength lies in its cortisol tonifying actions. Studies have shown that by pretreating with Withania before a stressful activity one is able to preserve the cortisol and vitamin c (a major vitamin utilized in the adrenal gland) content of the adrenals. This benefit is likely explained by the withanolide content of this herb.

Withanolides serve as a hormone precursor that can be easily converted into human hormones, such as cortisol, in times of need. This means that part of Ashwaghandha's adaptogenic effect lies in its ability to be converted into hormones in times of need but not otherwise.

Rhodiola rosea

Rhodiola has been used traditionally to alleviate fatigue, anxiety, insomnia and depression. It has been shown to be CNS stimulating, neuro-, cardio- and hepato-protective, anti-inflammatory and MAO inhibitory, thus preserving important neurotransmitters such as serotonin and dopamine. Within only 2 weeks of supplementation Rhodiola extracts have been shown to improve mood, cognitive performance, attention and fatigue in stress related conditions.

Levels of cortisol can be modulated by Rhodiola extracts and some of the cognitive enhancing effects of this herb are thought to be due to its ability to optimize cortisol levels, allowing for more efficient cognitive function.

Cordyceps sinensis

Cordyceps has been recognized for its energy, immunity and libido enhancing properties. This mushroom has been shown to increase ATP levels, antioxidative enzyme activity and reduced lactic acid, lactic dehydrogenase and reactive oxygen species. All of these findings are a result of cordyceps ability to augment energy production, thus lending to its use in for improving mental and physical fatigue.

Adrenal gland extract

Glandular therapy, sometimes referred to as organotherapy, refers to the use of animal tissue and cell preparations to enhance the physiological functioning and to support the healing of specific organs. This extract provides the organ specific enzymes, minerals and building blocks necessary to promote the growth

and maintenance of the adrenal glands. This ensures the adrenal gland has all the component necessary to return to optimal functioning.

This unique combination of botanicals and glandular extracts is ideal for patients who are dealing with the system effects of chronic stress. It is designed to rebuild and optimize the adrenal glands in cases of adrenal burnout where excessive fatigue, weakness and poor memory have become the new normal.

Ingredient	Mode of action
Schisandra chinensis	Anti-oxidant, nervous system tonic and adaptogenic herb used to improve endurance and work efficiency by inhibiting stress-activated pathways allowing for a more balanced stress response.
Withania somnifera	Adaptogenic, immune-modulating and anti-inflammatory herb that improves stress tolerance. Regulates the HPA axis by its positive influence on the nervous, endocrine and cardiovascular system.
Rhodiola rosea	Adaptogenic, cardioprotective and memory enhancer. Rhodiola works by increasing the body's resistance to stress and has a protective effect upon neurotransmitters, especially serotonin and dopamine.
Cordyceps sinensis	Unlike the other adaptogens this is a mushroom. This adaptogen modulates cortisol release as well as optimizes energy production to provide an anti-fatigue effect.
Adrenal gland	Source of organ specific enzymes, structural components, minerals and nutrients necessary for the maintenance and optimal functioning of the adrenal gland.

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