

Adapten-All

Product #918

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
2 capsules contain		
Vitamin A (as Betatene® Natural Mixed Carotenoids)	500 IU	10%
Vitamin C (as Sodium Ascorbate USP)	200 mg	333%
Vitamin E (as d-Alpha Tocopherol Succinate)	20 IU	67%
Niacin USP	20 mg	100%
Vitamin B6 (as Pyridoxine HCl USP, Pyridoxal 5'-Phosphate)	30 mg	1,500%
Vitamin B12 (as Methylcobalamin)	200 mcg	3,333%
Pantothenic Acid (as d-Calcium Pantothenate USP)	350 mg	3,500%
Eleuthero (Siberian Ginseng) Root Extract (Standardized to contain 0.8% Eleutherosides)	150 mg	*
Rhodiola rosea Root Extract (Standardized to contain 3% Rosavins)	150 mg	*
Schizandra Berry Extract	150 mg	*
Ashwaganda Root Extract (Standardized to contain 1.5% Withanolides)	75 mg	*
Licorice Root Extract (Standardized to contain 12% Glycyrrhizin)	75 mg	*

* % Daily Value not established

DOSE FORM:

Two-piece veggie capsule, size 00

OTHER INGREDIENTS:

Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

RATIONALE:

Adapten-All was designed to help those who suffer from fatigue, stress, and exhaustion due to adrenal insufficiencies. Adapten-All helps support and restore the integrity of the adrenals.

RESEARCH FINDINGS:

Rhodiola Rosea:

- Rhodiola rosea has been used extensively in Russia, Scandinavia, and traditional folk medicine as an adaptogenic herb. Rhodiola rosea is used to treat fatigue, mental clarity, memory, and increase work productivity.¹
- An adaptogen is a substance that nonspecifically increases the resistance of an organism and does not disturb normal biological parameters.
- The Soviet Ministry of Health approved a preparation of R. rosea as a medicine and tonic as a stimulant for fatigue. In Sweden, R. rosea is recognized as an Herbal Medicinal Product and also described as an antifatigue agent in the Textbook of Phytomedicine for Pharmacists. Denmark has also registered R. rosea as a medical product in the category of botanical drugs.¹
- A randomized, double-blind, placebo controlled clinical study examined the effects of R. rosea on fatigue and stress. 161 cadets ages 19-21 volunteered. The study showed a significant antifatigue effect for those who received the R. rosea (185 mg, twice daily).²

Schizandra Berry Extract:

- Schizandra has been used for centuries in China and Russia as an adaptogen. Schizandra has been used to enhance mental clarity, alleviate stress, and promote emotional wellness.
- In a placebo-controlled double-blind study, athletes were given Schizandra chinensis and Bryonia alba extracts or placebo. Those receiving the therapy had increased concentrations of nitric oxide and cortisol in blood plasma and saliva; these results have a direct relationship with increased physical performance of the athletes.³
- ESP-102, a standardized combined extract of Angelica gigas, Saururus chinensis, and Schizandra chinensis, was given to scopolamine-induced mice to examine the effects on learning and memory. Oral treatment (range of 10-100mg/kg) of ESP-102 significantly reduced memory deficits.⁴

Siberian Ginseng:

- Siberian ginseng is used in China to improve general health, improve memory, and enhance endurance. Siberian ginseng is regarded as an adaptogen.⁵
- The German Commission E approved eleuthero as a tonic to help with fatigue and concentration.⁵
- Specific compounds of Siberian ginseng, known as eleutherosides, have been shown to be the primary compounds responsible for Siberian ginseng's adaptogenic activity.⁶
- 20 elderly hypertensive volunteers were randomized in a double-blind manner to receive either 300 mg/day E. senticosus or placebo. Volunteers receiving the E. senticosus noticed improvement in mental health and social functioning after 4 weeks.⁶

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. The information provided here is intended to help health care professionals make informed decisions about recommending this product safely and effectively.

Licorice Root:

- Licorice root is regarded as an adaptogen and has been used for many health issues ranging from cough to ulcers.
- Licorice contains glycyrrhetic acid and glycyrrhizin, key components in adrenal health.
- Glycyrrhizin and glycyrrhetic acid can activate the receptors for key adrenal hormones (mineralocorticoids and glucocorticoids).
- Glycyrrhetic acid also helps to keep mineralocorticoids and glucocorticoids in their more active forms.
- Licorice also inhibits the enzyme that converts cortisol into the inactive cortisone.⁷

Ashwagandha:

- Ashwagandha (*Withania somnifera*) has traditionally been used in Ayurvedic medicine and has been found to have many adaptogenic properties including anti-stress, antioxidant, immunomodulatory and rejuvenating effects.⁸
- An extract of Ashwagandha (100mg/kg of weight) or placebo was given to mice prior to a forced swim test. It was found that the extract approximately doubled the swim time compared to those receiving the placebo.⁸
- In a similar swim test study in mice receiving Ashwagandha, it was found that Ashwagandha prevented a weight increase of the adrenals and a reduction in ascorbic acid content of the adrenals usually caused by the swim test.⁸

Pantothenic Acid:

- Pantothenic acid breaks down in the body to coenzyme A, which plays a large part in energy production.
- Coenzyme A is needed for function of the adrenal cortex. It also supports the adrenal glands in the making of key adrenal hormones that counteract the stress response.⁹
- In a study evaluating the effects of pantothenic acid on glutathione production, pantothenic acid was found to increase CoA levels in the body, leading to increased ATP production.¹⁰

Vitamin Blend:

- Niacin plays a vital role in many metabolic functions in the body. Niacin supplies energy to cells and assists in the production of adrenal hormones.¹¹
- Vitamin C levels are among the highest in the adrenal glands compared with other organs. Vitamin C plays necessary roles in catecholamine and adrenal steroidogenesis synthesis, and for general health of the adrenals.¹²
- The adrenal glands have low levels of B vitamins when our bodies are under stress. By supplementing with B vitamins, we replace what our adrenals have lost during stress.

DOSE:

As a dietary supplement, 2 capsules 1-2 times per day or as recommended by your health care professional.

CONTRAINDICATIONS, ADVERSE OR OTHER REACTIONS:

Do not take if pregnant or nursing. Can be contraindicated in those with hypertension, liver or kidney disease.

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