

ADAPTEN-ALL PRODUCT INFO SHEET



Description

Used to support endocrine health.

Ingredients

A balanced vitamin and mineral supplement regimen is critical when addressing adrenal regulation. The synthesis and secretion of cortisol is largely dependant on adequate supplies of various vitamins. Vitamin C is needed for steroid biosynthesis and is depleted from the adrenal cortex upon high cortisol secretion. Niacin derivatives are also necessary cofactors for steroid biosynthesis. Pantothenic acid is vital to maintain steroid secretion from the adrenal cortex.

Siberian ginseng, *Rhodiola rosea*, *Glycyrrhiza glabra*, and *Schizandra chinensis* are all considered to be adaptogenic herbs. Adaptogens are substances that nonspecifically increase the resistance of stress and exerts a balancing effect on various systems in the body (immune, central nervous, etc).

Siberian ginseng has been approved by the Commission E as a tonic to help with fatigue and concentration. Compounds of *Siberian ginseng* known as eleutherosides, have been shown to be the primary compounds responsible for its adaptogenic activity.

Rhodiola rosea has been used in Russia as an agent to support fatigue, mental clarity, and memory. In Sweden *Rhodiola rosea* has been recognized as an anti-fatigue agent, in Denmark *Rhodiola rosea* is registered as a medical product in the category of botanical drugs.

Schizandra chinensis 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.

Licorice root (*Glycyrrhiza glabra*) contains compounds known as glycyrrhizin. These compounds have a structure very similar to corticosteroids and have been shown to block the enzyme responsible for converting cortisol to the inactive cortisone.

Ashwagandha is an adaptogenic herb traditionally used in Ayurvedic medicine and has also been found to have a number of health promoting properties attributed to its use.

Dosage

SUGGESTED USE: 2 capsules 1-2 times per day or as recommended by your health care professional.

Contraindications

Do not consume this product if you are pregnant or nursing.

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

2 capsules contain	Amount Per Serving	% Daily Value
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	*
Ashwagandha Root Extract (Standardized to contain 1.5% Withanolides)	75 mg	*
Licorice Root Extract (Standardized to contain 12% Glycyrrhizin)	75 mg	*

* % Daily Value not established

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

ID #918060 ~ 60 Capsules

ID #918120 ~ 120 Capsules

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.