



MD
Prescriptives™

Adrenal Forte™ Promotes Healthy Response to Stress*

Our formula boasts a comprehensive blend of the highest-quality adaptogenic herbs. These ingredients aid in adrenal hormone production and support the body's adaptogenic response.* Also unlike many adrenal formulas on the market, our Adrenal Forte™ is fully vegan.

A complete adrenal and adaptogenic solution in one bottle!

| This formula incorporates the latest scientific research on nutrition and metabolic functions. Individual nutrients are formulated for maximum bioavailability, synergy and hormonal activation.* Specific features include:

- **Cordyceps Sinensis** (mycelium extract standardized to 7% cordyceps acids) - Both in vitro and in vivo animal studies have confirmed that Cordyceps Sinensis helps stimulate the adrenal function and promote healthy levels of cortisol production. One controlled, randomized human study showed that Cordyceps Sinensis significantly reduced the pro-inflammatory biomarkers IgE, ICAM-1, IL-4, and MMP-9 while also reducing long-standing mild to moderate inflammatory lung conditions. Cordyceps is regarded as a very precious medicinal mushroom in China and other Asian countries. For over 2000 years, Cordyceps Sinensis has been used as a tonic, to increase health and vitality, combat aging and help against various age-related diseases. It is a safe, highly valued herb with activities that support nearly every physiological system impacted by the body's response to normal everyday stressors, including the immune and cardiovascular systems. In addition, the cell-protective and antioxidant activities of Cordyceps have been well documented.*
- **Rhodiola Rosea** (root extract standardized to 3% rosavin & 1% salidroside) - A number of studies have shown that Rhodiola can dramatically reduce mental and physical fatigue under stressful conditions by increasing the body's energy levels. It is believed that Rhodiola enhances the body's tolerance to stress by influencing key brain chemicals, such as serotonin and norepinephrine, and natural feel-good opioids such as beta-endorphins. Recent studies reveal this herb's medicinal properties include anti-aging effects, anti-inflammatory effects, and strong anti-stress effects. The main medical constituents of this herb are eight in number, including rosarin, rosavin, rosin, salidroside, tyrosol, rhodiolin, catechin, and gallic acid.

It also possesses several other significant antioxidants. Rhodiola stimulates immunity, enhances DNA repair and modulates adaptation to hypoxia and angiogenesis. According to a comprehensive review of the literature on Rhodiola, supplementation provides cognitive stimulation and supports healthy work performance, quality of sleep, emotional calming, appetite, and energy levels subsequent to intense physical or intellectual strain.*

- **Panax Ginseng** - Red Ginseng (root extract standardized to 80% ginsenosides) - Studies show that ginseng and its content of ginsenosides have beneficial effects in supporting the adrenal glands and upregulates genes related to catecholamine production. The herbs also protect the gastric mucosa and support healthy body weight and an array of blood hormones. Ginsenosides also support the immune system and have cytokine-modulating activities. has been used in medicine for over 5000 years. In summary, Panax enhances athletic performance, and provides energy to people who are stressed or fatigued.*
- **Eleutherococcus Root** - Eleutherococcus senticosus (root & stem extract standardized to 0.8% Eleutherosides B & E;) - Containing eleutherosides and ciwujianosides, Eleutherococcus extract stimulates cortisol production during exercise, energy and lessen fatigue. Additionally, this herb is well-known to support the immune system. Eleuthero has also been associated with increased mental ability, concentration and greater alertness.*
- **Ashwagandha** - Withania somnifera (root extract standardized to 1.5% Withanolides) - Ashwagandha is one of the most vital herbs in Ayurvedic healing, has been used since ancient times for a wide variety of conditions, but is most well-known for its restorative benefits. It is the ginseng of Ayurvedic medicine. A comprehensive cortisol study in mice revealed Ashwagandha extract reduced fatigue and increased stamina while increasing

levels of circulating cortisol. One recent human clinical study showed that it promoted restoration to healthier levels of four adrenal hormones. Specifically, in this single case study, Ashwagandha helped normalize 3- β -ol dehydrogenase deficiency and aldosterone synthase deficiency. In general, the herb helps improve physical energy and athletic ability, increase immunity to those common winter challenges and increase sexual capacity and fertility. Ashwagandha seems to show positive effects on the endocrine, cardio, and central nervous systems. It is one herb that could help your body produce its own thyroid hormones.*

Suggested Use: Two capsules at breakfast and two capsules at lunch or as directed by your healthcare practitioner.

*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.

References

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