Adrenal Support Complex™

Clinical Applications

- **Stress Reduction During the "Alarm" & "Exhaustive" Phases**
- **Adaptation to Stress** (caused by temperature changes, sleep deprivation, negative emotions, physical exertion, trauma or illness.)
- **Immune Support**
- **Antioxidant/Cytoprotection**

Adrenal Support Complex ™ is a comprehensive blend of standardized extracts of highest quality adaptogenic herbs and three relevant B vitamins. These ingredients support the body's stress response by aiding in adrenal hormone production and assisting in stress adaptation. The formula is designed to reduce stress-induced fatigue and exhaustion, protect tissues from free radicals and may aid in stimulating the body's immune system.

All 3rd Opinion Inc.® Formulas Meet or Exceed cGMP quality Standards

Discussion

Cordyceps sinesis is a safe, highly valued, adaptogenic herb with pharmacological activities proven to benefit nearly every physiological system that is affected by stress, including the immune system and cardiovascular system (e.g. prevention of arrhythmias, platelet aggregation and clot formation)[1,2,3,4,5] It has a positive effect upon blood sugar, cholesterol and triglyceride levels.[6] Cordyceps has been employed for dizziness, weakness and general wasting and is used to reduce fatigue, increase energy and enhance stamina.[7] The herb has documented antioxidant activity.[8]

Rhodiola rosea root has been traditionally used to increase stamina and reduce fatigue, depression, nervous disorders, infections and impotence. Russian researchers demonstrated the root counteracted mental and physical fatigue and a host of stressors. The root extract may be able to prevent stress-induced cardiac damage and may be anti-arrythmic.[9] Research has shown that Rhodiola rosea has an effect on brain neurotransmitters such as dopamine and serotonin and might increase endogenous opioids.[10]

Panax ginseng may potentiate adrenal activity.[11] Its principle constituents, ginsenosides are very strong inhibitors of acetylcholine-evoked secretions.[12] In acute stress Panax ginseng reduced the ulcer index and reversed elevated plasma glucose and creatine kinase levels. Under chronic stress it reduced adrenal gland weight and triglyceride and serum corticosterone levels.[13] Ginsenosides have analgesic and anti-inflammatory activities.[14,15]

Vitamin B6, Pantothenic Acid & Para Amino Benzoic Acid (PABA) assist in protecting the body from the ravages of stress including related fatigue. Pantothenic acid is essential to the adrenal glands for production of the glucocorticoids. It forms pantethine in the body, which then converts to Coenzyme A. D-Calcium pantothenate contains 91.96% pantothenic acid and is the usual supplemental form. Vitamin B6, acting as a co-enzyme has a role in the conversion of muscle glycogen to glucose needed for the stress response, is involved with synthesis of serotonin and enhances the immune system. PABA has a role in amino acid metabolism and is needed to manufacture folic acid.

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Adrenal Support Complex™

VEGETABLE CAPSULES

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	1250%
Pantothenic Acid (as D-calcium pantothenate)	50 mg	500%
Cordyceps Sinensis Extract (8% Cordycepic Acids and 0.25% Adenosine)	400 mg	**
Rhodiola Rosea Root Extract (1-3% Salidrosides)	100 mg	**
Para Amino Benzoic Acid	25 mg	**
Ginsenosides (as panax ginseng root extract)	16 mg	**

** Daily Value not established.

Other Ingredients: Vegetable capsule, cellulose, stearic acid, silicon dioxide.

Dosing:

The best absorption of rhodiola occurs when taken on an empty stomach 30 minutes before breakfast or lunch. It may interfere with sleep or cause vivid dreams if taken too late in the day. Avoid taking Adrenal Support Complex™ with caffeine. According to the German Commission, Panax ginseng is usually taken from three weeks to three months and a two week "Panax-free" period is recommended between consecutive courses.

References

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Additional references available upon request .

Contradictions

There is no sufficient information to declare Adrenal Support Complex™ is safe during pregnanacy or lactation or in children. Individuals on oral hypoglycemic , anticoagulant, antipsychotic or stimulant drugs, insulin, MAO inhibitors or Digoxin or individuals with conditions for which these drugs are often prescribed should at least be aware of the slight possibility of any adverse reaction. Avoid if allergic to any ingredient(s).

*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.

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