



Adreno Restore

HERBAL FORMULA



Restorative combination of herbal extracts

- Includes standardized extracts from ashwagandha, rhodiola, and eleuthero
- Helps to temporarily relieve symptoms of stress such as mental fatigue and sensation of weakness
- Helps support cognitive function such as mental focus and mental stamina
- Used in Herbal Medicine as a tonic to help relieve general debility and to aid during convalescence
- Used in Herbal Medicine to help improve mental and physical performance after periods of mental or physical exertion

GENESTRA BRANDS Adreno Restore is a unique combination of vitamins, minerals and standardized plant extracts. Rhodiola mediates neurotransmitter activity to help support cognitive function and temporarily relieve symptoms of stress – including mental fatigue and the sensation of weakness.¹ Eleuthero, which regulates nervous system responses, is used in Herbal Medicine to help improve mental and physical performance after periods of mental or physical exertion.² It is also used in Herbal Medicine as a tonic to help relieve general physical weakness and to aid during the recovery after an illness. Adreno Restore also includes a standardized extract from ashwagandha, a plant used in traditional Ayurvedic medicine.³

EACH CAPSULE CONTAINS:

Vitamin C (magnesium ascorbate)	125 mg
Vitamin B ₆ (pyridoxal 5-phosphate)	8 mg
Vitamin B ₁₂ (methylcobalamin)	133 mcg
Pantothenic Acid (calcium <i>d</i> -pantothenate)	33 mg
Magnesium (magnesium glycinate / ascorbate)	35 mg
Zinc (zinc citrate)	2 mg
Ashwagandha (<i>Withania somnifera</i>) Root Std. Extract (5-8:1) (335-536 mg Dried Equivalent / 7% Withanolides)	67 mg
Rhodiola (<i>Rhodiola rosea</i>) Root Std. Extract (3% Rosavin, 1% Salidroside)	67 mg
Eleuthero (<i>Eleutherococcus senticosus</i>) Root Std. Extract (15:1) (1005 mg Dried Equivalent / 0.8% Eleutherosides)	67 mg

Non-Medical Ingredients: Hypromellose, ascorbyl palmitate, cellulose, silica

Recommended Adult Dose: Take three capsules daily with a meal, a few hours before or after taking other medications, or as recommended by your healthcare practitioner. Not to be taken immediately before bedtime. For use beyond one month, consult your healthcare practitioner.

Product Size: 90 vegetable capsules **Product Code:** 07333

NPN 80052566



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3. Singh, G, Sharma, PK, Dudhe, R, Singh, S. *Annals of Biological Research*. 2010; 1(3): 56-63.

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Scientific Rationale:

Rhodiola

Rhodiola, a plant used in traditional medicine, is found at high altitudes in the Arctic, Asia and Europe.¹ By decreasing the activity of enzymes that degrade neurotransmitters and by prolonging neurotransmitter activity in the brain, rhodiola elevates bio-electrical brain activity.¹ This results in increased cognitive function.¹ Rhodiola helps to relieve symptoms of stress by decreasing mediators of stress responses, including the stress hormone cortisol and neuropeptide Y, which regulates energy balance, memory, learning and mood.^{1,2} Rhodiola also provides antioxidants to promote optimal health.³

In a randomized, double-blind, placebo controlled trial, rhodiola intake significantly improved mental function among male students during an examination.⁴ Participants were randomized to consume either placebo or rhodiola tablets (containing a total of 100 mg of rhodiola) daily for 20 days.⁴ Efficacy tests, which were conducted at baseline and at the end of the treatment period, analyzed self-rated fatigue, self-rated general well-being, psycho-motor function, and physical fitness.⁴ When compared to placebo values, rhodiola supplementation significantly improved self-rated fatigue, self-rated general well-being, and psychomotor function.⁴ Specifically, the accuracy of movement (when compared to the speed of movement) significantly improved by 50% when compared to the placebo treatment.⁴ Additionally, participants' pulse rates were measured before and after a physical fitness test.⁴ The increase in pulse rate was significantly lower in the rhodiola group when compared to the placebo group, further demonstrating the beneficial effects of rhodiola during periods of stress.⁴

A randomized, placebo-controlled, double-blind, crossover study evaluated the effects of rhodiola supplementation on work-related fatigue.⁵ Participants were randomized to consume either a placebo or rhodiola treatment (containing 170 mg of rhodiola extract) daily for two weeks.⁵ After a two week washout period, participants consumed the alternate treatment.⁵ Five tests were performed to determine the degree of fatigue, including word association, spelling, subtraction, word recall, and numerical sequencing.⁵ A total fatigue measure was calculated from the individual five measurements, which were scored according to the following calculation: (test score before night duty / test score after night duty) x 100.⁵ Each test was conducted before and after night duty, with a 24 hour separation period between the tests.⁵ The efficacy tests were conducted four times throughout the study: at baseline, after two weeks of supplementation, after the completion of the washout period, and after two weeks of consuming the alternate treatment.⁵ When compared to placebo values, performance scores significantly improved by 20% after two weeks of rhodiola supplementation,

confirming the ability of the rhodiola supplement to decrease work-related fatigue.⁵

In a randomized, placebo-controlled trial involving male athletes, rhodiola supplementation provided antioxidant support after exercise.³ Participants randomly consumed a placebo or rhodiola treatment (100 mg of rhodiola) twice daily for four weeks.³ Blood samples were conducted before and after a 2000 m rowing test, where they were analyzed for total antioxidant capacity - a measure of the total antioxidant status in the body.³ When compared to baseline values, rhodiola supplementation significantly increased total antioxidant capacity before, directly after, and 24 hours after exercise.³ Although oxidative stress was induced by exercise, rhodiola supplementation increased antioxidant levels in the plasma of participants, indicating its beneficial effects on antioxidant support.³

Eleuthero

Similarly, research has shown that eleuthero promotes mental performance after periods of physical or mental exertion by mediating the signalling of hormones involved in stress responses, including cortisol and norepinephrine.^{7,8} This promotes the regulation of the hypothalamic-pituitary-adrenal (HPA) axis, which controls various homeostatic processes in the body.⁸ Eleuthero also raises the consumption and use of oxygen to increase physical and mental performance.⁷

In a randomized controlled trial, eleuthero supplementation significantly improved physical weakness in adults with moderate fatigue.⁹ Participants were randomly assigned to consume either a placebo or eleuthero treatment (containing 2.24 mg of eleutherosides) daily for 2 months.⁹ After the 2 month period, all participants consumed the eleuthero treatment.⁹ Participants included in the study had chronic, unexplained fatigue, as confirmed by the Rand Vitality Index (RVI), a validated measure of chronic fatigue.⁹ Although the RVI ranges from 4 to 24 (representing feelings of low vitality and high fatigue, or high vitality and low fatigue, respectively), participants in this study had RVI values no higher than 12.⁹ Questionnaires were completed monthly for 4 months, where participants recorded their feelings from the previous week.⁹ Among individuals with moderate fatigue at baseline (RVI of 8-12), significant improvements were observed in RVI scores.⁹ Additionally, among participants with moderate fatigue who began the study in the placebo group, significant improvements in RVI scores were observed after consuming the eleuthero treatment for 2 months.⁹

In a clinical trial involving male athletes, eleuthero supplementation significantly improved work performance during physical stress.¹⁰ Participants consumed either a placebo or eleuthero supplement

(containing a total of 300 mg of dried material) for eight days.¹⁰ Maximal work capacity was determined using a Monark bicycle ergometer at baseline and after treatment administration.¹⁰ When compared to placebo supplementation, eleuthero intake significantly improved four measures of working capacity, including maximal oxygen uptake, oxygen pulse, total work, and exhaustion time.¹⁰ Specifically, total work increased by 23% in the treatment group,

compared to 7.5% in the placebo group (due to the placebo effect).¹⁰ The authors suggested that as mitochondria use oxygen to produce ATP, increased oxygen metabolism may improve ATP production in muscle cells.¹⁰ In turn, this would positively affect performance, even in times of stress.¹⁰

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Companion products



Adreno Calm

- Helps to temporarily promote relaxation
- Contains a calming combination of L-theanine, phosphatidylserine, ashwagandha and magnolia



Biotone EFA

- Combination of free plant sterols from *Glycine max* bean
- Helps lower blood total and LDL cholesterol
- Source of antioxidants for the maintenance of good health



Scorbatate

- Multi-mineral formula rich in vitamin C
- Helps in the development and maintenance of bones and teeth, glucose metabolism, and skin, immune and proper muscle function
- Provides 1000 mg of the antioxidant vitamin C per serving

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