



ADRENOTONE™

ADAPTOGENIC HERBAL SUPPORT TO HELP TEMPORARILY RELIEVE SYMPTOMS OF STRESS

90 VEGETARIAN CAPSULES | NPN80050632 | ADP090-CN

Adrenotone™ is designed to be an all-in-one synergistic adrenal support formula. In just one product Adrenotone™ makes it possible for the clinician to provide botanical and nutritional enhancement of adrenal cortical and medullary function. It also helps address depletions common to those suffering from the effects of chronic stress.

SPECIFIC CLINICAL OBJECTIVES OF ADRENOTONE™

This formula includes adaptogenic and adrenal tonic herbs and nutrients in order to help the body's adaptation to stress and to support adrenal gland health. Stress can alter levels of cortisol and catecholamines, in addition to causing the depletion of a host of micronutrients. Cortisol increases have vast effects over serum blood glucose and insulin levels, inducing dysglycemia and laying the foundation for metabolic syndrome.

Adrenotone™ contains a blend of standardized botanicals including *Eleutherococcus senticosus* (Eleuthero), *Panax quinquefolius* (American ginseng-strong, yet least stimulating of the ginsengs), *Ashwagandha* (Indian ginseng or Withania), *Rhodiola rosea* (Rose root), and *Glycyrrhiza glabra* (Licorice root), all known to be tonifying and rejuvenating to the adrenal glands. The ginseng family of herbs possesses a unique property of aiding in the regeneration and enhanced function of hypothalamic cortisol receptors, providing an amphoteric effect that allows the body to better self-regulate cortisol levels. Licorice potentiates and extends the serum life of cortisol, thereby lessening the demand on the adrenal cortex during stressful conditions. N-Acetyl L-Tyrosine, the most bioavailable form of tyrosine, is included as a critical building block of various neurotransmitters, thyroid hormones, and catecholamines, which are often depleted under chronic stress conditions. Also included are vitamin C, pantothenic acid (B5), pyridoxine-B6 (as P-5-P) and riboflavin-B2 (as R-5-P), which play critical roles as enzyme co-factors in the balanced production of stress hormones. All of these ingredients are combined in order to synergistically promote proper homeostasis of serum cortisol, healthy hypothalamic-pituitary function, aid in the production and replenishment of depleted catecholamines, support adrenal cortical health, and replete common nutritional deficiencies that can result from chronic stress.

Medicinal Ingredients (per capsule):

Eleuthero (<i>Eleutherococcus senticosus</i> -Root) (0.8% Eleutherosides, 35:1).....	83.33 mg
Pantothenic acid (D-Pantothenic acid, Calcium D-pantothenate)	83.33 mg
American ginseng (<i>Panax quinquefolius</i> -Root) (5% Ginsenosides, 10:1)	33.33 mg
Ashwagandha (<i>Withania somnifera</i> -Root) (1.5% Withanolides, 5:1)	33.33 mg
Roseroot (<i>Rhodiola rosea</i> -Root) (3% Rosavin, 1% Salidroside, 4:1).....	33.33 mg
Vitamin C (Ascorbic acid)	33.33 mg
N-Acetyl-tyrosine (N-Acetyl-L-tyrosine).....	25 mg
Licorice (<i>Glycyrrhiza glabra</i> -Root).....	6.66 mg
Riboflavin	1.67 mg
Vitamin B6 (Pyridoxal 5-phosphate).....	1.67 mg

Non-Medicinal Ingredients: Microcrystalline cellulose, hypromellose, magnesium stearate (vegetable source). **Recom-**

mended Dose: Adults: Take 1 capsule 2 times a day. Not to be taken immediately before bedtime. Take as directed by a health care practitioner. Consult a health care practitioner for use beyond 1 month. **Warning:** Use with caution with patients who are pregnant or lactating, or with those who have hypertension, diabetes, or have had kidney or liver disorders. Advise patient to discontinue use and consult you if they experience sleeplessness, headache or heart palpitations when using Adrenotone™.

REFERENCES

For a list of references cited in this document, please visit: http://catalog.designsforhealth.com/assets/itemresources/Adrenotone_References.pdf

Adrenotone™

Nutrient and adaptogenic herbal support for the adrenal glands

Adrenotone™ is a comprehensive blend of nutrients and botanical compounds designed to support healthy adrenal function. The adrenal glands are responsible for regulating a wide variety of processes in the body, most notably the “fight or flight” response to stressful situations. These glands produce several hormones and neurotransmitters, some of which are designed to help regulate energy levels and mood on an ongoing basis, and others which are intended to be released only in short bursts, to help power someone through brief moments of intense stress or vigilance.

Due to the fast pace and unrelenting demands of modern life, however, the adrenal glands are taxed with producing higher amounts of these compounds more frequently. This may first result in *overactive* adrenal function, with very high levels of stress hormones (cortisol, in particular), but the glands can only keep up with this increased demand for so long before they begin to lag behind, eventually leading to adrenal exhaustion, in which output of these critical hormones and chemical messengers decreases, resulting in fatigue, reduced initiative, low moods, and difficulty handling even mild amounts of occasional stress. It is common for some people to “ping-pong” back and forth between these two states, leading to feeling simultaneously “tired and wired.”

Highlights

B-vitamins and vitamin C are crucial contributors to energy generation at the cellular level, which may bolster adrenal function and combat the fatigue that is a hallmark of tired adrenals. The amino acid tyrosine is a building block for thyroid hormones as well as the neurotransmitters dopamine, epinephrine, and norepinephrine, which are involved in balanced moods and the ability to cope with stress. B-vitamins—specifically B6—serve a second function as required cofactors in the biochemical processes that produce these critical neurotransmitters. All of these nutrients are available in food, but over time, stress may increase the need for higher amounts than are typically obtained from the diet alone.

Adaptogens

A key feature of Adrenotone™ is the inclusion of several herbal adaptogens—compounds that help the body regulate the production of various hormones and neurotransmitters. Whether the need is for an increase or a decrease, they facilitate the *normalizing* of these levels. Rhodiola, ashwagandha, American ginseng, and eleuthero are adaptogens that have been used for centuries in Chinese and Ayurvedic medicine to support healthy responses to stress. An additional ingredient, licorice, helps cortisol stay in the bloodstream longer, thereby lessening the demand on the adrenals to produce more of it.

Recommended Dose

Take 1 capsule twice per day with meals, or as directed by a health care practitioner (divided dosing recommended). Not to be taken immediately before bedtime.



TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (877) 414-9388, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.CA