

## **Adrenaplex**<sup>®</sup>

Glandular Formula for Healthy Adrenal Gland Function, Managing Fatigue, and Daily Energy Support\*†



If you need relief from stress and fatigue, Adrenaplex can help.\*\*

After all, the adrenal glands help fight against occasional stress and fatigue and are responsible for keeping stress hormones like cortisol and adrenaline in balance, so having the right nutrients on board can make a big difference.\*

Adrenaplex features key nutrients essential for healthy adrenal gland function, including highly absorbable freeze-dried adrenal extract, L-tyrosine, licorice extract, vitamin C, and other important nutrients. These supportive ingredients for energy and stress resistance make

Adrenaplex an excellent daily supplement to support the adrenal gland and improve the body's response to stress.\*

**Adrenaplex** features key nutrients to support healthy adrenal gland function:

- Vitamin C is a key nutrient for the adrenal glands. During stressful events, they secrete this antioxidant vitamin which may act as protection against oxidative stress.\*
- DHEA is a hormone synthesized in the adrenal glands.
   Supplementation with DHEA has been shown to enhance energy and vitality, especially in women who need extra adrenal support.\*
- L-tyrosine is an amino acid that helps the body resist the negative effects of stress.\*†

- Licorice supports healthy adrenal hormone balance, making them more available to the body.\*^
- Pregnenolone is a hormone produced by the adrenal glands. It is a building block for other hormones such as DHEA.\*
- Vitamin B6 as Pyridoxal-5-phosphate (P-5-P) is a bioavailable form of vitamin B6 that doesn't need to be converted by the body in order to be beneficial. Vitamin B6 plays a role in the formation of neurotransmitters, including serotonin and dopamine, which play a role in mood and emotion.\*
- Adrenal extract contains naturally occurring hormones and nutrients which can support optimal glandular function.\*
- Pantothenic acid plays an important role in cellular energy production and in the metabolism of energy from fats.\*
- Rehmannia root contains a compound called catalpol which helps support production of adrenal hormones. It has been noted to aid in regulating the activity of the adrenal cortex by supporting the function of the hypothalamus-pituitaryadrenal axis and the release of steroid hormones.\*

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## Frequently Asked Questions for Adrenaplex®

### Q. Is there any caffeine in Adrenaplex?

A. No, **Adrenaplex** is a caffeine-free formula, and is not a stimulant. Its combination of ingredients simply help the body and mind respond to stresses and fatigue throughout the day.\*

### Q. Should I be concerned about the licorice in Adrenaplex?

A. While some individuals with blood pressure concerns may want to avoid high dose licorice, generally speaking, licorice extracts at lower levels (like the extract in **Adrenaplex**) will only have beneficial effects.

### Q. Where do you get your adrenal extracts from?

A. The adrenal extract is from a bovine source. The beef cattle are range-raised in Argentina, one of the best sources available worldwide.

# O. Is the adrenal extract derived from just the adrenal gland or does it contain ingredients from other organs?

A. This is a pure adrenal extract. There are no other glandular ingredients added to it.

## Q. Can you please provide more details on the testing of the adrenal extract?

A. The animals used to provide the raw materials are examined before slaughter to ensure they are healthy and suitable for use in a food product. The adrenal glands are dried and the powder is both chemically and microbiologically tested. The supplier provides us with documentation assuring the raw material meets specifications. We also do additional, third party testing on finished products to confirm the information provided by the vendor. Our manufacturing facility is registered with both the United States Department of Agriculture (USDA) and the Food and Drug Administration (FDA).

### Q. What is rehmannia?

A. Rehmannia (*Rehmannia glutinosa*) or Di Huang is an herb native to northern China. The roots are the beneficial parts of the plant. It is considered a warming herb and a tonic (intended to invigorate) and is used in traditional Chinese medicine to tone the blood and maximize energy.\*

### Q. Should Adrenaplex be taken with meals or on an empty stomach?

A. Whether to take **Adrenaplex** with meals or on an empty stomach is a matter of individual preference. To minimize the potential for occasional mild upset stomach many customers prefer to take this product with food.

## What to Pair with Adrenaplex®

CuraPro®	A single ingredient supplement that provides clinically studied, enhanced absorption curcumin with up to 500 times better absorption and greater blood retention at significant levels than turmeric.^ CuraPro's clinically studied curcumin shows positive benefits and support for immune, cellular, and cognitive health and well-being.*
Essential Multivitamin®	This complete multivitamin and mineral supplement delivers absorbable nutrients at meaningful levels that are appropriate for everyone, regardless of gender, for ages 12 and up.