



HEALTHY ADRENAL[†]

A DIETARY SUPPLEMENT TO SUPPORT ADRENAL
FUNCTION AND ENERGY LEVELS[†]

Healthy Adrenal[†] is a dietary supplement to support adrenal function, energy levels and endocrine balance.[†]

This botanical and glandular combination product is geared toward supporting adrenal function by supporting healthy energy levels, HPA axis and endocrine balance, as well as by nourishing the adrenal glands themselves.

Understanding the Adrenal Glands

The adrenal functions regulate our responses to stress.

An overactive or underactive set of adrenal glands will produce either excess or insufficient amounts of hormones respectively, especially cortisol. The health of the adrenal cascade depends on various nutrients, including the B vitamin complex. While larger (in proportion) quantities of vitamins B3, B5 and B6 are used in the adrenal hormone production process, B vitamins are known to work in concert, meaning a full complex is recommended for healthy function. Each of the eight vitamins in the complex is valuable during the adrenal cascade.

The Three Stages of Stress Resistance

In his 1950 paper, Hans Selye theorized that the body's continuous stress response could cause major health concerns. He coined the body's response to prolonged stress "GAS," or General Adaptation Syndrome, and identified three stages of stress resistance associated with this response: alarm, resistance and exhaustion.

Supportive Ingredients in Healthy Adrenal[†]

PureWay-C[®] is a clinically proven new form of vitamin C that contains lipid metabolites and bioflavonoids. Recently published research shows that this type of vitamin C outperforms other leading forms.

Because our body tissues use more vitamin C when we are stressed, because it is essential for adrenal function and because we don't produce vitamin C within our bodies, it is important to include this vitamin in any well-rounded adrenal support program.[†]

Vitamin C is a mandatory cofactor for noradrenaline synthesis from dopamine, as well as for the subsequent synthesis of adrenaline from noradrenaline. Further, it supports the stages of catecholamine biosynthesis. It is believed that insufficient catecholamine secretion and a vitamin C deficiency may underlie fatigue symptoms associated with scurvy.

Adrenal Cortex and Adrenal Whole provide both portions of adrenal glands to support overall adrenal function and, thereby, energy levels and immune system wellness.[†]

B Vitamins

- Vitamin B6, folate, vitamin B12 and pantothenic acid provide support for adrenal function.[†]
- **B5 (pantothenic acid)** is converted in the body to acetyl-CoA, which is critical to the glucose-to-energy conversion. It is present in all cells, but is found in higher quantities in adrenal cells because of the energy required to produce adrenal hormones.
- **B6 (pyridoxine)** is also a coenzyme involved in biochemical pathways in the adrenal cascade. It plays a role in the function of the HPA (hypothalamic/pituitary/adrenal) axis, which modulates adrenal activity.
- **B12 in Healthy Adrenal[†]** is the branded MecobalActive, which is different from other B12 due to a patented, sustainable process, a lower moisture content and a low impurity profile. Because it is B12 in its active form, and it crosses the blood brain barrier, the last point is very important.

There is extensive interplay between folate and the endocrine system. The folate in **Healthy Adrenal[†]** is in the bioactive and bioavailable branded form.

Eleutherococcus senticosus Root Powder

This adaptogen herb supports energy, stamina and endurance, crucial aspects of everyday health.[†] It also supports cognition, alertness, immune health and a normal stress response.[†] Some recent research indicates that adaptogenic herbs may act as stress mimetics, thereby inducing a mild stress response and triggering the body's own protective response.

SUPPLEMENT FACTS

Serving Size 2 Capsules

Servings Per Container 30

PureWay-C[®]

[proprietary formulation of ascorbic acid USP combined with lipid metabolites (fatty acids) from vegetable waxes] 250 mg

Vitamin B6 (as Pyridoxal-5-Phosphate) 25 mg

Folate

(as [6s]-5-methyltetrahydrofolic acid from 800 mcg of Quatrefolic[®] [6s]-5-methyltetrahydrofolic acid, glucosamine salt) 400 mcg

Vitamin B12 (as MecobalActive[™]) 250 mcg

Pantothenic Acid (as Calcium d-Pantothenate) 250 mg

Adrenal Cortex (Bovine) 250 mg

Eleutherococcus senticosus Root Powder 250 mg

Adrenal Whole (Bovine) 200 mg

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take 2 capsules daily, or as directed by your healthcare practitioner.

PureWay-C

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Quatrefolic[®]

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MecobalActive[™]
The active form of B₁₂

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[†]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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