

Adrenal Support (60 capsules)
Stock #: 1507



When you're under constant stress, the build-up of stress hormones can leave you feeling fatigued, affect your sleep patterns, and weaken your immune system.

Support your body and feel better with Adrenal Support, featuring a powerful blend of vitamins, minerals, enzymes, and adaptogenic herbs to help maintain normal adrenal function and maximize your body's ability to regulate stress.

The adrenal glands are two small glands located on top of the kidneys. They secrete and regulate certain hormones in the body called stress hormones, such as cortisol, adrenaline and noradrenaline, all of which are used to prepare the body for a fight or flight response.

These stress hormones prepare the body to deal with stressful situations by increasing the heart rate and the force of contraction and blood flow to the heart, liver, and to skeletal and adipose tissue. They also dilate airways to the lungs and increase blood levels of glucose and fatty acids.

The adrenal hormones and their functions are linked to virtually all of the body systems. Thus, many physiological processes and bodily functions, including cardiovascular health, sex drive, pH balance, skin conditions, energy levels, mood and overall psychological outlook often correlate to adrenal gland function.

So, it's important to provide a potent combination of nutrients to fuel their healthy function. Adrenal Support is formulated with a unique adrenal glandular substance, combined with a synergistic blend of vitamins, minerals, enzymes and adaptogenic herbs to fortify the adrenal glands and bolster their function.

Our superior adaptogenic herbs deliver neuroprotective properties, helping to

provide natural support and balance to the nervous system, as well as help support a healthy balance of stress hormones in the body to ensure mental equilibrium and overall comfort.

Vitamin C is needed in large amounts by the adrenal glands to maintain normal adrenal function, manage stress hormones, and maximize your body's ability to regulate stress and energy levels. When the adrenal glands are under stress, vitamin C levels may be depleted.

Vitamin B1 is essential for glucose metabolism and for healthy functioning of the muscles, nerves and heart. Vitamin B1 also plays an important role in the flow of electrolytes into and out of muscle and nerve cells.

Vitamin B6 helps activate over 100 different enzymes that help your body feel good. Vitamin B6 is also important for the production of energy and for proper nervous system function.

Magnesium is critical to nervous system balance and structural health. Magnesium also helps muscles relax and has a soothing effect on the bowel. Studies have shown that a diet deficient in magnesium can lead to increased anxiety and depression. In addition, magnesium is critical to energy production and supports a healthy heart rhythm.

Potassium is a mineral that your body needs to work properly. Potassium helps generate energy and is needed for maintaining healthy blood pressure and normal heartbeat.

Potassium is also essential to the urinary system as it supports kidney function. Plus, potassium is needed for proper nerve transmission, muscle contraction, and pH balance (acidity and alkalinity).

Schisandra has been used for centuries for its important adaptogenic benefits. Widely used in Traditional Chinese Medicine (TCM), these berries are called the five-flavored fruit because schisandra possesses a remarkable taste that is sour, sweet, bitter, salty and pungent. This renowned Chinese tonic herb is used to balance the 12 meridians (energy channels) and energize the five constitutional types. Schisandra allows the body to respond quickly to stress, thus increasing the body's capacity to work. Its bitter compounds also support circulation.

Licorice has been a key part of many Chinese herbal formulas for thousands of years. Traditional Chinese Medicine (TCM) has relied on licorice root to provide respiratory, digestive and reproductive system support. Most Chinese herb

combinations use licorice to balance the other herbs and to promote vitality. It has a reputation for helping the entire body maintain balance (particularly helpful to women who menstruate) and for promoting well-being. Licorice root is also regarded as an adrenal/pituitary tonic.

Benefits:

- Helps maintain healthy adrenal function.
- Supports the body's ability to regulate occasional stress.
- Supports a healthy balance of stress hormones.
- Offers immune system support.

Ingredients:

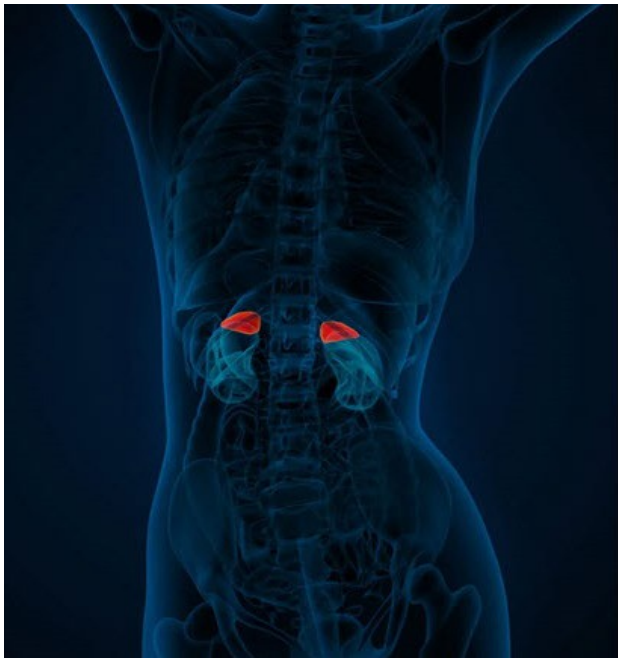
Vitamin C (ascorbic acid), Thiamin (B1, thiamine mononitrate), Riboflavin (B2, riboflavin phosphate), Vitamin B6 (pyridoxal-5-phosphate), Pantothenic acid (d-calcium pantothenate), Magnesium (citrate), Zinc (citrate), Potassium (citrate), plus a proprietary blend of Adrenal substance, Schisandra fruit, Borage seed oil, Licorice root, and Protease blend.

Quality Assured:

Nature's Sunshine Quality Assurance staff sources the world's purest ingredients, no matter where they are grown, to ensure the active nutrients are delivered just as nature intended. Better ingredients mean better products...so you can get back to feeling the power of nature!

Recommended Use:

Take 1 capsule with a meal twice daily.



Meet Your Adrenals.

Your adrenals are two small glands located on top of your kidneys that secrete stress hormones, such as cortisol, adrenaline and noradrenaline - All of which are used to prepare your body for a fight or flight response.

*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.



Mg⁺⁺
MAGNESIUM CITRATE

C
VITAMIN C

ADAPTOGENIC HERBS

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