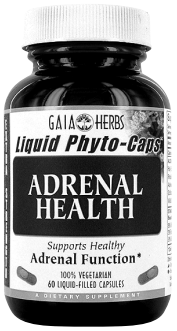
ADRENAL HEALTH



Supports Healthy Adrenal Function*

ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA	MG EXTRACT PER 2 CAPSULES
Holy Basil (*Occimum sanctum*)	400 mg
Rhodiola root (*Rhodiola rosea*)	200 mg
Ashwagandha root (*Withania somnifera*)	100 mg
Schizandra berry (*Schizandra chinensis*)	100 mg
Wild Oats (*Avena sativa*)	100 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

8% Withanolide glycosides (from Ashwagandha root)	8 mg
3% Rosavins (from Rhodiola root)	6 mg
.8% Salidrosides (from Rhodiola root)	1.6 mg

DOSAGE
Liquid Phyto-Caps: 2 capsules, 2 times daily

DURATION OF USE
3 months

BEST TAKEN
After meals, with warm water

DESCRIPTION OF FORMULA

Adrenal Health enhances the body's physiologic response to stress. Stress is defined as any situation or condition that causes undue physical, emotional and/or mental strain on the body. When one experiences stress, in any form, the adrenal glands secrete specific hormones that have a profound effect on the body. One can imagine the adrenal glands as little "hats" that sit on top of the kidneys. These hats secrete hormones such as cortisol and DHEA in response to stress. Over time, as one experiences stress on a daily basis, the adrenal glands can function less optimally, secreting unhealthy levels of these stress-related hormones. Overworking of the adrenal glands can lead to something called adrenal stress. Nervousness, poor memory, difficulty with concentration and decision-making, cravings for sweets, weight gain and compromised sleep are all associated with failure to maintain healthy levels of these two hormones.

The Adrenal Health formula can have a profound influence on the body, helping to maintain a healthy response to stress by supporting the adrenal glands and nourishing the nervous system. Select herbs within the formula contain compounds recognized for their ability to support the health and function of the adrenal glands and maintaining normal secretion levels of key stress-related hormones such as cortisol.*

Rhodiola rosea root supports the functioning of the adrenal glands and encourages a healthy response to physical, emotional and mental stress by normalizing cortisol levels and other stress-related hormones. If used regularly, it enhances the body's natural resistance and adaptation to stressful influences. Rhodiola rosea root is classified as an adaptogen, which represents a class of herbs that help the body adapt to stresses of various kinds. In order to achieve this classification, a plant must be harmless and must have a normalizing, broad-spectrum action that supports homeostasis, particularly when under stressful influences.*

Holy Basil has long been used in Ayurvedic medicine to support a healthy response to stress, nourish the mind and elevate the spirit. Revered by Ayurvedic practitioners as "the incomparable one," this herb's documented actions on the body date back thousands of years. Today, we know that holy basil contains a variety of constituents, including eugenol, camphor, caryophyllene, ursolic acid, luteolin and apigenin that function collectively to normalize stress hormones and enhance adrenal function. The properties inherent in this herb make it ideally suited for helping to support a healthy adrenal system and stress response.*

Ashwaghanda, often referred to as "Indian Ginseng," is a common herb used in Ayurvedic medicine (from India) to support mental and physical vitality and stamina. It contains steroidal compounds and additional chemical constituents that advance the body's natural resistance and adaptation to stressful influences. Ashwaghanda also supports mental endurance, promotes total metabolic efficiency and encourages an overall sense of well-being.*

Schizandra berries provide powerful antioxidant protection, particularly from free radicals and other toxins in the environment that may cause cellular damage. Regarded as a popular adaptogenic agent, schizandra berries are unique in that they hold a remarkable blend of five distinct flavor properties collectively serving to promote overall health and vitality. Namely, bitter, sweet, sour, salty and hot. Schizandra berries function to enhance the body's natural resistance and adaptation to stressful influences, support mental endurance and promote overall metabolic efficiency.*

Wild Oats milky seed contains numerous compounds that promote a vital nervous system while working to ease temporary nervous stress, weakness, and exhaustion.*

SAFETY EVALUATION/CONTRAINDICATIONS

Before using this product, talk with your healthcare

professional if you suffer from a medical condition. Please visit www.gaiaherbs.com to obtain information regarding potential contraindications and/or side effects that may be associated with herbs found in this formula.*

KNOWN DRUG INTERACTIONS

Before using this product, talk with your healthcare professional if you take any medications. Please visit www.gaiaherbs.com to obtain information regarding any possible drug interactions that may be associated with herbs found in this formula.*

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.