

# ADRENAL HEALTH

Supports Healthy  
Adrenal Function\*

## DOSAGE

Liquid Phyto-Caps: 2 capsules, 2 times daily

## DURATION OF USE

3 months

## BEST TAKEN

After meals, with water



## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

Calories per serving - 20

**TOTAL EXTRACTS:** 520 mg

Rhodiola root (*Rhodiola rosea*) + 120 mg

standardized to 6 mg Rosavins

Holy Basil Supercritical Extract (*Ocimum sanctum*) + 50 mg

standardized to 3.86 mg total Eugenols

**Proprietary Synergistic Blend:** 350 mg

Ashwagandha root (*Withania somnifera*) +, Holy Basil leaf

(*Ocimum sanctum*) ▲, Wild Oats Milky Seed (*Avena sativa*)

▲, Schisandra berry (*Schisandra chinensis*) +

**Total Dry Herb Equivalency:** 6,400 mg

Other ingredients: Vegetable glycerin, vegetable cellulose (capsule).

▲ = Certified Organic Ingredient + = Ecologically Harvested

## DESCRIPTION OF FORMULA

**A**drenal 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.\*

Ashwagandha, 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. Ashwagandha 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](http://www.gaiaherbs.com) to obtain information regarding any possible drug interactions that may be associated with herbs found in this formula.\*

### REFERENCES

Brown RP, Gerbarg PL, Ramazanov Z. Rhodiola rosea: a phytomedicinal overview. *Herbalgram* 2002;56:40–52.

Chiu PY et al. In vivo antioxidant action of a lignan-enriched extract of Schisandra fruit and an anthraquinone-containing extract of Polygonum root in comparison with schisandrin B and emodin. *Planta Med.* 2002 Nov;68(11):951-6.

Darbinyan V et al. Rhodiola rosea in stress induced fatigue - a double blind cross-over study of a standardized extract SHR-5 with a repeated low-dose regimen on the mental performance of healthy physicians during night duty. *Phytomedicine* 2000;7(5):365-71.

Darbinyan V, Kteyan A, Panossian A, et al. Rhodiola rosea in stress induced fatigue - a double blind cross-over study of a standardized extract SHR-5 with a repeated low-dose regimen on the mental performance of healthy physicians during night duty. *Phytomedicine* 2000;7(5):365-71.

Davis JM et al. Effects of oat beta-glucan on innate immunity and infection after exercise stress. *Med Sci Sports Exerc.* 2004 Aug;36(8):1321-7.

Dhuley JN. Adaptogenic and cardioprotective action of ashwagandha in rats and frogs. *J Ethnopharmacol.* 2000 Apr;70(1):57-63.

Hoffmann D. Oats. <http://www.healthy.net/scr/Article.asp?id=1592> [Accessed March 2, 2005].

Kelly GS. Rhodiola rosea: a possible plant adaptogen. *Altern Med Rev* 2001;6:293-302.

Kucinskaite A, Briedis V, Savickas A. [Experimental analysis of therapeutic properties of Rhodiola rosea L. and its possible application in medicine]. [Article in Lithuanian]. *Medicina (Kaunas).* 2004;40(7):614-9.

Maslova LV et al. [The cardioprotective and antiadrenergic activity of an extract of Rhodiola rosea in stress]. [Article in Russian]. *Eksp Klin Farmakol* 1994;57(6):61-3.

Petkov VD et al. Effects of alcohol aqueous extract from Rhodiola rosea L. roots on learning and memory. *Acta Physiol Pharmacol Bulg* 1986;12(1):3-16.

Spasov AA et al. A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of Rhodiola rosea SHR-5 extract on the fatigue of students caused by stress during an examination period with a repeated low-dose regimen. *Phytomedicine* 2000;7(2):85-89.

Vats V, Yadav SP, Grover JK. Ethanolic extract of *Ocimum sanctum* leaves partially attenuates streptozotocin-induced alterations in glycogen content and carbohydrate metabolism in rats. *Ethnopharmacol.* 2004 Jan;90(1):155-60.

\*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.