

# Adreno-Mend<sup>™</sup>

## Healthy, Balanced Adrenal Function

### DESCRIPTION

Adreno-Mend<sup>™</sup>, provided by Douglas Laboratories<sup>®</sup>, is a synergistic combination of ten highly valued herbal extracts with adaptogenic properties designed to support healthy, balanced adrenal gland function.<sup>†</sup> These plant adaptogens include Schisandra chinensis, Bacopa monnieri, Rhodiola rosea, Eleutherococcus senticosus, Magnolia officinalis, Rehmannia glutinosa, Bupleurum falcatum, Panax ginseng, Coleus forskohlii and Withania somnifera.

### FUNCTIONS

The response to chronic stress - first defined as occurring in three stages by Hans Selye as alarm, resistance and exhaustion - typically results in aberrant adrenal function and adrenal fatigue, as well as abnormal cognitive, metabolic, energy, endurance, immune and glycemic function. The consequences of intermittent stress, or episodic acute stress during resistance or exhaustion, interfere with recovery and also promote abnormal neuro-endocrine, metabolic and immune system function.

The plant adaptogens in Adreno-Mend<sup>™</sup> effectively address all stages of both acute and chronic stress, support the body's ability to adapt to stressors and help avoid the damaging consequences from those stressors. Collectively, plant adaptogens can support symptoms of fatigue and enhance endurance as well as support normal mental and emotional well being. Plant adaptogens also can increase the body's ability to resist and recover from stress while providing an overall feeling of balance and normalization.<sup>†</sup>

During acute stress, and the alarm stage of stress, Rhodiola rosea, Schisandra chinensis, Bacopa monnieri, and Eleutherococcus senticosus can support mental performance and physical working capacity, as well as promote the balanced response of the sympatho-adrenal-

system (SAS) to the body's acute reaction to a stressor.

During the resistance stage Withania somnifera, Coleus forskohlii, are able to support the normal thyroid and gonadal function. In the exhaustion stage the Rehmannia glutinosa, Bupleurum falcatum and Withania somnifera act as primary agents to restore proper function of the hypothalamic-pituitary-adrenal axis and work synergistically with other plant adaptogens to support normal function of other body systems. Adaptogens with adrenotropic properties may also decrease adrenal atrophy seen in the exhaustion stage of chronic stress.

The increased cortisol levels seen in various stages of stress are modulated by Schisandra chinensis and Magnolia officinalis. Rehmannia glutinosa can help restore normal function of glucocorticoid receptors that have been down regulated due to chronically elevated levels of cortisol. Bupleurum falcatum supports adrenal recovery and normalization of the hypothalamic-pituitary-adrenal (HPA) system by promoting the release of adrenocorticotrophic hormone (ACTH), which is responsible for maintaining the normal size and function of the adrenal gland.

Stress induced elevations of catecholamines and adrenaline-induced hyperglycemia can be modulated by Magnolia officinalis, Panax ginseng and Rehmannia glutinosa.<sup>†</sup>

While the primary benefit of plant adaptogens is the ability to restore healthy, balanced adrenal gland function by supporting normal hypothalamic-pituitary-adrenal (HPA) axis function, the effectiveness of these adaptogens is in large part also due to their ability to protect and promote the recovery of neuro-cognitive, neuromuscular, cardiovascular, glycemic, hepatic, thyroid, gonadal and immune system health.<sup>†</sup>

### INDICATIONS

Adreno-Mend<sup>™</sup> may be a useful dietary

supplement for individuals wishing to support healthy adrenal function with this unique blend of ingredients.

## FORMULA (#200529)

### Serving Size      2 capsules   4 capsules

Proprietary Blend ... 955 mg..... 1,910 mg

Proprietary Blend containing no less than 200 mg per 4 capsules for each of the following: Schisandra chinensis (seed, standardized to 2% schisandrins), Bacopa monnieri (aerial parts, standardized to 20% bacosides), Rhodiola rosea (root, standardized to 5% rosavins and 2% salidroside), Eleutherococcus senticosus (root, standardized to 0.8% eleutherosides), Magnolia officinalis (root, standardized to 5% honokiol), Rhemannia glutinosa (7:1 extract), Bupleurum falcatum (5:1 extract), Panax ginseng (root, standardized to 3% ginsenosides), Coleus forskohlii (root, standardized to 1% forskolin)

Sensoril® ..... 125 mg..... 250 mg

(Withania somnifera, root and leaf extract, standardized to a minimum of 8% withanolide glycoside conjugates and 32% oligosaccharides)

## SUGGESTED USE

As a dietary supplement, adults may take 2 capsules each morning with food for 1 to 2 weeks or as directed by your healthcare professional.

The dose may then be increased to 4 capsules each morning with food for 1 to 3 months or as directed by your healthcare professional.

After 1 to 3 months dosage may be lowered back down to 2 capsules each morning with food and may continue on 2 capsules dosage as needed or as directed by your healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## WARNING

If you are pregnant or nursing, consult your healthcare professional before using this product. If you are taking prescription medications, consult your healthcare professional before using this product.

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