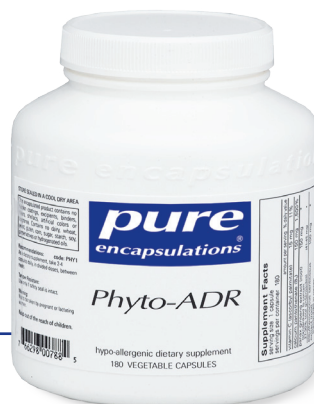




— Your Trusted Source —

## Phyto-ADR

Introduced 2005



### What Is It?

Healthy adrenal gland function is crucial to a number of physiological functions including glucose metabolism, stress adaptation, energy generation, stamina, and the immune response. Phyto-ADR is a vegetarian formula designed to provide wide-range herbal and nutritional support for the adrenal glands and healthy adrenal function.\*

### Uses For Phyto-ADR

**Adrenal Support:** Panax ginseng and *Eleutherococcus senticosus*, or eleuthero, are highly recognized adaptogens, promoting physiological balance and resistance to stress. In part, they help to moderate the production of adrenocorticotrophic hormone (ACTH) and ultimately corticosterone activity. Corticosterone promotes the conversion of amino acids into carbohydrates and glycogen by the liver and stimulates glycogen formation in the tissues, supporting optimal energy reserves. *Rhodiola rosea*, containing rosavins and salidroside, also acts to balance hypothalamic-pituitary-adrenal activity. *Rhodiola* can have a calming effect on the central nervous system and supports healthy thyroid, thymus, and adrenal gland function. In particular, *rhodiola* may moderate the effects of physical and emotional stress. Recently, a double blind cross-over study suggests that *rhodiola* may help to moderate fatigue under stressful conditions. *Astragalus* and *ashwagandha* promote immune support and complement the adaptogenic activity of this formula. Calcium pantothenate, a vitamin B<sub>5</sub> derivative, is essential for activating the adrenals.\*

### What Is The Source?

Calcium pantothenate (vitamin B<sub>5</sub>) is synthetic. Panax ginseng extract is derived from the root and standardized to contain 5% total ginsenosides. *Eleutherococcus senticosus* extract is derived from the root and standardized to contain 0.8% eleutheroside E & B. *Ashwagandha* extract is derived from *Withania somnifera* and standardized to contain 5% withanolides. *Rhodiola rosea* extract is derived from the root and standardized to contain 3% total rosavins and min. 1% salidroside. *Astragalus membranaceus* extract (8:1) is derived from the root. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

### Recommendations

Pure Encapsulations recommends 1 capsule daily, between meals, or as directed by a health professional.

### Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Panax ginseng or eleuthero may cause insomnia, fatigue, anxiety, headache, vertigo, diarrhea or skin rash.

They may also be associated with mastalgia, vaginal bleeding or amenorrhea. Additionally, panax ginseng or eleuthero may be associated with palpitations, tachycardia, or hypertension in individuals with cardiovascular disorders. Consult your physician for more information.

### Are There Any Potential Drug Interactions?

Phyto-ADR may be contra-indicated with immunosuppressants, benzodiazepines, sedative and thyroid medications. Panax ginseng and eleuthero may be contra-indicated with blood thinning and anti-hyperglycemic medications. Consult your physician for more information.

### Phyto-ADR

each vegetarian capsule contains  v 00

pantothenic acid (as calcium pantothenate)(B <sub>5</sub> ) .....	150 mg
Asian ginseng (panax ginseng) extract (root) .....	150 mg
(standardized to contain 5% total ginsenosides)	
eleuthero (eleutherococcus senticosus) extract (root) .....	100 mg
(standardized to contain 0.8% eleutheroside E & B)	
ashwagandha (withania somnifera) extract (root) .....	150 mg
(standardized to contain 2.5% withanolides)	
rhodiola (rhodiola rosea) extract (root) .....	50 mg
(standardized to contain 3% total rosavins and min. 1% salidroside)	
astragalus (astragalus membranaceus) extract (root) .....	150 mg
other ingredients: vegetarian capsule (cellulose, water)	

**Not to be taken by pregnant or lactating women.**

**1 capsule daily, between meals, or as directed by a health professional.**

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.