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# Adrenal Balance™

- **Adrenal Balance™ is an advanced vegetarian formula designed to support proper functioning of the adrenal glands.\***
- Adrenalize provides a variety of nutritional and botanical factors that support:
  - Stress management\*
  - Healthy cortisol levels\*
  - The immune system\*
  - Energy\*

## Adrenal Gland Function

- Pantethine, B Vitamins and Phosphatidylserine are nutrients that support healthy adrenal gland function.\* Pantethine is related to vitamin B5 and helps to prevent over secretion of cortisol.\* It is also a precursor to Coenzyme A, a stress reducing enzyme necessary for adrenal function.\* B Vitamins and Phosphatidylserine support adrenal gland function by supporting stress management.\*

## Stress Management

- Riboflavin, Niacin, B6, Folic Acid, B12 and Biotin support adrenal function, stress management, blood glucose metabolism and energy production.\* Vitamin C acts as an antioxidant within the adrenal cortex and supports the production of adrenal steroid hormones such as Cortisol, which is synthesized from progesterone within the adrenal cortex and involved in stress adaptation.\* B Vitamins support the adrenal glands in the production of hormones and coenzymes, and by maintaining the health of the nervous system.\*
- Ashwagandha, Ginseng, Licorice, Pantethine and Phosphatidylserine work to support stress management and help to maintain cortisol levels within normal ranges.\*

## Cortisol Support

- Licorice helps to reduce the amount of hydrocortisone broken down by the liver, which reduces the workload of the adrenal glands.\* Phosphatidylserine is considered an anti-stress nutrient for both physical and emotional stress.\* It helps to modulate cortisol over-production and has been shown to have a positive effect on mood.\* Pantethine helps to reduce the over secretion of cortisol.\*

## Energy Support

- B Vitamins, Ginseng and Licorice work together to support improved energy.\* Licorice along with Eleutherococcus Sinesis Root Extract and Panax Ginseng are herbs that are well known

for their ability to increase energy and vitality.\* They help to rejuvenate the adrenal glands, reduce mental fatigue as well as support physical stamina and endurance.\* B Vitamins are crucial for helping the body cope with stress and are essential for numerous functions including food metabolism and energy production, the formation of red blood cells, protecting cells against free-radicals, blood sugar regulation, supporting adrenal glands in the production of hormones, regulating electrolyte balance and maintaining the health of the nervous system.\*

## Supplement Facts

### Serving Size: 1 Capsule

#### Amount Per Serving

Vitamin C (as Ascorbic Acid and Ascorbate)	100 mg
Thiamin	25 mg
Riboflavin	25 mg
Niacin (as Niacinamide)	25 mg
Vitamin B6 (as Pyridoxal 5-Phosphate)	25 mg
Folic Acid	100 mcg
Vitamin B12 (as Methylcobalamin)	20 mcg
Biotin	75 mcg
Pantethine	50 mg
Eleutherococcus sinensis Root Extract	150 mg
Ashwagandha Extract	150 mg
yielding Withanolides	3.75 mg
Phosphatidylserine Complex (from soy)	50 mg
Panax Ginseng Extract	50 mg
Licorice (deglycyrrhized) Root Powder	10 mg

Other ingredients: vegetable cellulose (capsule), vegetable stearate, rice flour.

## Contains: Soy.

**Warning:** This product contains licorice. Women with hormone sensitive conditions should avoid using licorice. Do not take this product if you are pregnant, diabetic, have hypertension, congestive heart disease, liver disease or kidney disease.

- **Suggested Use:** As a dietary supplement, take 1 capsule, 3 times daily.

Sold Exclusively Through Retailers.

0300422.090 (90 Vegetarian Capsules)

\*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.

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