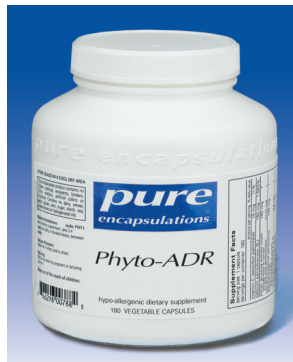




Manufacturers of
Hypo-allergenic
Nutritional
Supplements



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 B₅ derivative, is essential for activating the adrenals.*

What Is The Source?

Calcium pantothenate (vitamin B₅) 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 2–4 capsules per day, in divided doses, between meals.

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 and sedative medications. Panax ginseng and eleuthero may be contra-indicated with blood thinning and anti-hyperglycemic medications. Consult your physician for more information.

(continued)

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

Phyto-ADR

each vegetable capsule contains  V 00

calcium pantothenate (B ₅)	150 mg.
Panax ginseng extract (root)	150 mg.
(standardized to contain 5% total ginsenosides)	
Eleutherococcus senticosus extract (root)	100 mg.
(standardized to contain 0.8% eleutheroside E & B)	
ashwagandha (Withania somnifera) extract (root).....	150 mg.
(standardized to contain 5% withanolides)	
Rhodiola rosea extract (root).....	50 mg.
(standardized to contain 3% total rosavins and min. 1% salidroside)	
Astragalus membranaceus extract (root) (8:1).....	150 mg.
vitamin C (as ascorbyl palmitate)	15 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	

Not to be taken by pregnant or lactating women.

2-4 capsules per day, in divided doses, between meals.



— Your Trusted Source —

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