



Adrenal Support (60 vcaps)

£21.90

Adrenal Support supports adrenal gland function through the combined actions of specific botanicals called adaptogens that help the body adapt when challenged by physical and emotional stress. The adrenal glands help protect the body against stress through secretion and regulation of a number of different types of hormones including cortisol that need to be maintained in balance. The natural ingredients in Adrenal Support help maintain adrenal gland integrity during periods of increased physiological stress and assist adrenal hormone formation and balance.

Eleuthero: One of the most well-known adaptogenic herbs, *Eleutherococcus senticosus* contains complex polysaccharides (sugar molecules) called eleutherosides that support immune function, protect nerve cells, and assist the adrenal gland when under stress. Eleuthero may enhance mental acuity as well as recovery from physical stress.

Rhodiola: This powerful botanical adaptogen has been extensively studied by Russian researchers and shown to increase resistance to a variety of chemical, biological, and physical stressors. Various compounds in Rhodiola including rosavins and salidroside appear to have mild stimulating effects that help increase mental work capacity during stress and help protect against detrimental effects of physical stress and toxins.

Cordyceps: *Cordyceps sinensis* is a well-known and valued fungi used in Chinese medicine for its tonifying actions on the immune system and favourable actions on maintaining energy levels. Cordyceps used in this product is grown on organic brown rice in carefully controlled conditions to ensure consistent quality.

Pantothenic Acid: Pantothenic acid is one of the eight water-soluble B vitamins. It is essential for the metabolism of fats, carbohydrates, and proteins. It is also critical for the manufacture of sex and stress-related hormones produced in the adrenal glands.

Adrenal Support can be taken to help support adrenal gland function and increase the body's overall capacity to cope with and recover from various forms of psychological and physical stress such as mental or emotional upset, surgery, chemical exposure, excessive exercise, and other forms of chronic stress. Taking Adrenal Support in the morning or early in the day is suggested for maximum benefit in modulating energy metabolism and adaptogenic responses.

Suggested Use: 1 capsule twice daily with food.

Caution and Contraindications: People with allergy to mushrooms and mushroom products may not tolerate Adrenal Support.

Siberian ginseng may raise blood levels of digoxin (a medication for heart conditions). Therefore it may increase the risk of side effects from this medication. Siberian ginseng may also interact with barbiturate drugs.

This product was made in a GMP and ISO 9001:2000 registered facility.

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This information service is not intended to make any claims or provide medical advice. Please www.bio-vitality.com for clinical references.

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Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.
Online at www.bio-vitality.com (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	% Daily Value
Pantothenic acid (as d-calcium pantothenate USP)	100 mg 1000%
Eleuthero (<i>Eleutherococcus senticosus</i>) root, dried extract, min. 0.8% ginsenosides	200 mg *
Rhodiola (<i>Rhodiola rosea</i>) root, dried extract, min. 5% rosavins	50 mg *
<i>Cordyceps sinensis</i>	400 mg *

*Daily Value not established.

Other ingredients: Vcaps™ vegetarian capsule, water, silicon dioxide, and magnesium stearate.