

# AdreBoost-NG

By Design



## DESCRIPTION

AdreBoost-NG is a combination of nutrients and herbs that support healthy adrenal function during periods of physical and emotional stress. The adaptogenic herbs (Eleuthero, Rhodiola rosea, Ashwagandha) are standardized to ensure a consistent dose of active compounds.

## FUNCTIONS

The adrenal glands produce hormones that support the biochemical and physiological mechanisms for dealing with mental and physical stress, and also secrete chemicals involved in nutrient metabolism and energy production. Chronic anxiety, nervous tension and other types of stress may lead to an excess production of cortisol, a hormone involved in the stress response. Excess intake of stimulants such as caffeine and sugar can exacerbate stress and lead to adrenal “fatigue.” The constant stimulation of the adrenal glands may eventually result in an abnormal stress response, low energy and poor immune function.

The adrenal glands rely on a variety of nutrients to support their function and produce the hormones that support the response to physical and emotional stress. These include tyrosine, which is required for the production of the adrenal hormones epinephrine (adrenaline) and norepinephrine (noradrenaline). Vitamin B6 helps to protect the body from the negative effects of glucocorticoid hormones such as cortisol. Pantothenic acid and vitamin C have a supporting role in maintaining healthy adrenal gland function. The adaptogenic herbs Rhodiola rosea, ashwagandha, and Eleuthero as well as the herbs Licorice root, astragalus, gotu kola and schizandra all provide a synergistic effect by supporting normal, healthy adrenal function, supporting healthy cortisol and energy levels, managing the negative effects of stress on the body and contributing to an overall feeling of well-being.

## INDICATIONS

AdreBoost-NG may be a useful dietary supplement for those experiencing physical or emotional long-term stress or participating in physical activity. AdreBoost-NG should be taken consistently for maximum benefit.

## FORMULA (WW #10244)

### 2 Vegetarian Capsules Contain:

Vitamin C (as ascorbic acid).....	60 mg
Vitamin B-6 (as pyridoxine HCL) .....	25 mg
Pantothenic Acid (d-calcium pantothenate).....	100 mg

L-Tyrosine.....	500 mg
Rhodiola Rosea .....	200 mg
(standardized to 3% [6 mg] rosavins and 1% [2mg] salidroside)	
Eleuthero.....	100 mg
(Eleutherococcus senticosus) root extract	
(standardized to 0.5% [0.5 mg] eleutherosides)	
Ashwagandha.....	150 mg
(Withania somnifera) root extract (standardized	
to 1.5% [2.5 mg] withanolides)	
Choline (as choline bitartrate).....	50 mg
Ginger (Zingiber officinale).....	50 mg
Licorice (Glycyrrhiza glabra) .....	40 mg
Astragalus (Astragalus membranaceus).....	45 mg
Gotu Kola (Centella asiatica).....	25 mg
Schizandra (Schizandra chinensis) .....	20 mg
Other Ingredients: Capsules (cellulose, water), magnesium stearate and silica.	

**Contains No:** sugar, salt, dairy, yeast, soy, wheat, gluten, corn, preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take two (2) vegetarian capsules daily at mealtime, or as directed by a healthcare professional.

## SIDE EFFECTS

Please consult with a healthcare professional before taking AdreBoost-NG if you have high blood pressure or are currently taking medications to treat depression or anxiety or taking a class of drugs known as monoamine oxidase inhibitors (MAOI). Tyrosine may interact with thyroid medications.

## STORAGE

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

**References on next page**

**REFERENCES**

De Kloet, E Ron; Holsboers, Florian. "Stress and the Brain From Adaptation to Disease." *Nature Reviews: Neuroscience*. 23.6. (June 2005). 463-475.

Khansari, D. N., A. J. Murgo, et al. (1990). "Effects of Stress on the Immune System." *Immunology Today* 44:26 170-175.

Leathwood PD, Pollet P (1982). "Diet-induced mood changes in normal populations". *Journal of Psychiatric Research* 17 (2): 147-54.

Lieberman HR, Corkin S, Spring BJ, Wurtman RJ, Growdon JH (1985). "The effects of dietary neurotransmitter precursors on human behavior". *Am J Clin Nutr*. 42 (2): 366-370

Shevtsov VA, Zhohus BI, Shervarly VI, et al. (Mar 2003). "A randomized trial of two different doses of Rhodiola rosea extract versus placebo and control of capacity for mental work". *Phytomedicine* 10 (2-3): 95-105.

Wiegant FA, Surinova S, Ytsma E, Langelaar-Makkinje M, Wikman G, Post JA (Jun 2008). "Plant adaptogens increase lifespan and stress resistance in *C. elegans*". *Biogerontology* 10 (1): 27-42.

Perfumi M, Mattioli L (Jan 2007). "Adaptogenic and central nervous system effects of single doses of 3% rosavin and 1% salidroside Rhodiola rosea L. extract in mice". *Phytother Res* 21 (1): 37-43.

Deyama T, Nishibe S, Nakazawa Y (December 2001). "Constituents and pharmacological effects of *Eucommia* and *Siberian ginseng*". *Acta Pharmacol. Sin.* 22 (12): 1057-70

Winston, David & Maimes, Steven. "ADAPTOGENS: Herbs for Strength, Stamina, and Stress Relief," Healing Arts Press, 2007. Contains Russian research on *E. senticosus* and a monograph on the herb.

Ven Murthy, M. R.; Ranjekar, P. K.; Ramassamy, C.; Deshpande, M. (2010). "Scientific Basis for the Use of Indian Ayurvedic Medicinal Plants in the Treatment of Neurodegenerative Disorders: *Ashwagandha*". *Central Nervous System Agents in Medicinal Chemistry* 10 (3): 238-246.

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.

Manufactured For: **Eastern States Compounding Pharm.**  
338 Union St.  
Littleton, NH 03561  
603.444.0094